

LOCAL PROGRAM SUMMARIES

LOCAL PROGRAM SUMMARIES

OVERVIEW

CM is unique in that it organizes local communities to address the problems of substance abuse and violence. Community Mobilization assists community members in Washington's 39 counties to create and sustain healthy, safe, and economically viable communities, free from alcohol, tobacco, other drug abuse, and violence.

In 1999-2000 Community Mobilization served a total of 577,566 individuals. Fifty-four percent of all participants were youth ages 10-18.

Community Mobilization uses the Communities That Care ® (CTC) risk and protective factor model, a best practices model that provides research-based tools to assist communities in designing effective efforts to promote the positive development of children and youth; and to prevent adolescent substance abuse, delinquency, teen pregnancy, school dropout, and violence. *The CTC model is:*

- **Inclusive:** It engages all parts of the community.
- **Proactive:** It identifies and addresses priorities *before* people are involved in the problem behaviors.
- **Based on rigorous research:** It comes from a variety of fields (sociology, psychology, education, public health, criminology, medicine, and organizational development).
- **Community-specific:** It adapts to the uniqueness of each community, not a "cookie-cutter" approach.

Community Mobilization Reduces Crime and Substance Abuse

Community Mobilization provided drug and violence prevention instruction in 32 counties:

- **PIERCE COUNTY SAFE STREETS:** Community Mobilization has supported "Block-by-Block" organizing in 1,079 Pierce County communities. Police Department data shows a 33 percent reduction in crime in these neighborhoods.
- **KING COUNTY COMMUNITY ORGANIZING:** Auburn law enforcement reports a 99 percent reduction in vandalism after local CM Friday night youth events, as opposed to other Friday nights.
- **THURSTON COUNTY TOGETHER! FOR DRUG-FREE YOUTH:** In Thurston County, Methamphetamine Safety Education provided 97 meth safety education presentations to 2,431 people. Ninety-nine percent of those participants reported increased awareness of the dangers of meth and an increased ability to identify, respond, and communicate with authorities about a specific meth danger.

Community Mobilization Improves Safety and Well-Being

Thirty-two Community Mobilization counties provided parent education services:

- **OKANOGAN DRUG PREVENTION:** No youth DUI fatalities off the reservation were reported following Community Mobilization Youth Coalition events in Okanogan County (Okanogan County was previously in the top three Washington State counties for youth fatalities).
- **GREATER SPOKANE SUBSTANCE ABUSE COUNCIL:** Community Mobilization supported Big Brothers/Big Sisters to make 318 school-based mentor matches at 18 elementary schools.

Community Mobilization Improves Academic Performance

Thirty Community Mobilization counties provided before- and/or after-school services:

- **CHELAN/DOUGLAS TOGETHER! FOR DRUG-FREE YOUTH:** Of 520 youths in grades 1-6, from seven school districts who participated in an after-school program, 35 percent achieved an improvement of a grade point (or more) in at least one subject area.
- **COWLITZ COUNTY SUBSTANCE ABUSE COALITION:** Of the 470 students from grades K-6 participating in the Cowlitz Community Mobilization after-school program, "Youth After Hours," 85 percent improved their problem-solving skills and 82 percent improved their conflict resolution skills.
- **YAKIMA COUNTY SUBSTANCE ABUSE COALITION:** 113 students, ages 6-15, participated in Community Mobilization-supported extended day instruction labs. Seventy-two percent of students who spent three months or more in the Lab increased reading, spelling, and math grades by 29 percent, and those who spent six months or more in the Lab increased their grades by 40 percent. Homework accuracy increased by 52 percent.

Community Mobilization Organizes the Community to Address Substance Abuse and Violence

Thirty-three Community Mobilization counties collaborated with law enforcement and other agencies to offer coordinated prevention services.

- **GRAYS HARBOR COMMUNITY MOBILIZATION:** Community Mobilization brought together over 35 people and 22 agencies representing the community. They assessed resources, needs, and gaps in service to runaway and homeless youth. The result is a new grant that will provide needed services to 200 homeless youth.
- **KITTITAS COUNTY ALCOHOL DRUG DEPENDENCY SERVICES:** Community Mobilization organized community members who contributed 150 volunteer hours in victim-offender mediation after Kittitas County Community Mobilization sponsored a restorative justice conference and trained 42 people.

Community Mobilization Leverages Resources

A sampling survey of Community Mobilization in ten counties found that for every \$5 in state Community Mobilization grant funds, Community Mobilization was able to raise \$20 in additional funds – \$9 in cash, and \$11 in-kind match.

- **GRANT COUNTY PARC:** Grant County Community Mobilization leveraged \$150,000 for four after-school programs serving 350 youth in rural communities.
- **PEND OREILLE COUNSELING:** Local Pend Oreille County youth raised \$50,000 in cash and \$54,000 in donated labor, materials, and equipment to build a skatepark initiated by Community Mobilization. This community project involved 50 volunteers and 2,300 volunteer hours.

COMMUNITY ORGANIZING

Youth Yellow Pages
Community Web Pages
Community Outreach
Awards Banquets
Coalition Development
Rural Community Building
Holiday Events
Prevention Volunteer Coordination
Skate Parks
Block-by-Block Organizing
Media Efforts
Neighborhood Coalitions
Drug-Free Business Events

PEER ASSOCIATION

Challenge Rope Course
Team Building
Recreational Programs
Teen Centers/Coalitions
Youth Support Groups & Leadership
Theatre Groups

FAMILY

Parenting Classes
Home Visits for Low-Income Mothers
Homeless Youth/Family Services
Family Resource Centers
Public Housing Family Camps
Domestic Violence Task Forces

AWARDS

Governor's Collaboration Award
(All Counties)
NW Peace in Action Award
(Kittitas/Yakima)
State SADD Advisory of the Year
(Mason)
Media Award to East Washingtonian
(Garfield)
Seeds of Change Award (Island)
Personal Prevention Awards (King)
2000 Safeteye Club of the Year
(Okanogan)
Robert Wood Johnson Fellowship & Exemplary
Prevention Individual (Spokane)

SCHOOL

After-School Programs
Tutoring & Summer Mentoring
Dropout Reduction
Safe/Sober Graduation Parties
Rural Student Counseling
Adventure/Education Programs
Academic Assistance
Prevention Education
ESL Homework Assistance

INDIVIDUAL

Anger Management
Social Skills Development
Intervention for At-Risk Youth
Youth Involvement
Gay/Lesbian Youth Boards
Cultural Sensitivity Training
Drug-Resistance Training
Empathy Building
Alternative Arts Programs

PROBLEM BEHAVIORS

Smoking Cessation
Crime Prevention
Gun Violence Prevention
Juvenile Offender Programs
Fatal Vision Goggles
Pregnancy Prevention
Drug/Alcohol Avoidance/Drug Screening
Methamphetamine Awareness
One-one Child Directed Play

The placement of one of these icons on the following pages indicates one or more projects that addressed a priority substance abuse or violence need within the domain represented by that respective icon.

**COMMUNITY MOBILIZATION
Program Summary, July 2000 - June 2001**

ADAMS COUNTY

Name of Program: Community Counseling Services

Contact Person: Edie Borgman

Phone number: (509) 488-4074

Mission Statement: To collaborate with others in our county to contribute to the reduction of substance use and abuse and violence in Adams County. (Or as one youth stated “Let’s all work together, to do good things, for all of us.”)



Activity #1: Community Mobilization Coordinator

- ❖ Risk/Protective Factor(s): CM Support Activities
- ❖ Description: The coordinator position was a portion (approximately 1/3) of the County Prevention Specialist's duties. The County Prevention Specialist was involved in a variety of direct and indirect services including:
 - Resource for other federally funded youth program coordinators in Ritzville, Lind, and Washtucna.
 - Resource and facilitator for Strengthening Families Program: Parents and Youth 10-14, a “best practice” in Ritzville, Lind, and Washtucna.
 - Worked with Othello Housing Authority, Othello Child Development Center/Washington State Migrant Council, Community Counseling Services, Adams County Sheriff’s Office, Othello Police Department, U.S. Fish and Wildlife Service, Washington State Department of Fish and Wildlife, Adams County Resource Center (a domestic violence and sexual assault agency), Adams County Health Department, City of Othello, and concerned community individuals and volunteers to offer a “Hey Kids” Summer Youth Program for high risk youth in the Othello area.
 - Community representative for the SAFTYE/SADD (Stop Auto Fatalities Through Youth Efforts/Students Against Destructive Decisions) club at Othello High School. Attended meetings as Prevention Specialist/Community Mobilization Coordinator and encouraged participation in statewide events.
 - Served on boards of other groups including the Interagency Coordinating Counsel (ICC), Parent Teacher Association (PTA), Adams County Community Network (ACCN), Community Counseling Services Advisory Board, People Against Illegal Drugs (PAID), People Against Crime Together (PACT), and “Hey Kids” Summer Youth Program committee. Facilitated networking activities.
 - Collaborated with other prevention providers to apply for funding throughout Adams County.
- ❖ Outcome Measures included:
 - Survey data: Developmental Research & Programs, Inc. (DRP) has administered a Network Analysis survey. Results were summarized in the process evaluation chapter of this report.
- ❖ Process Measures included:
 - Over 1,900 community members benefited from collaborative prevention services: Approximately 970 – ages 0-15; 582 – ages 16-25; 194 – ages 26-55; and 194 – ages 56-65+

Activity #2: DARE

- ❖ Prioritized Risk/Protective Factor(s): Early Initiation of the Problem Behavior
- ❖ Description: DARE (Drug Abuse Resistance Education) served all four communities in Adams County and was more than classes in schools. In Othello, DARE was part of Community Oriented Policing (COP). COP promotes the sense that officers are not just report takers, but a part of their community – a real personal relationship. As officers developed relationships with a variety of members of the community, they built trust that assisted them as well as their community. Each member of the community was encouraged to take ownership as they helped fight crime, drugs, and violence in their neighborhoods. Throughout our county it was deputies, officers, and other law enforcement personnel involved in their communities in a variety of ways, which included:
 - Molding the DARE curriculum to meet the unique needs of the communities.
 - Organizing and facilitating a DARE role model program. High school and Junior High students were trained by the officers and deputies to mentor 5th and 6th grade students.
 - Camp Wooten (sixth graders in Othello, and eighth graders in Ritzville, Lind, Washtucna, and Wilson Creek) provided a daily DARE program that included positive adult role models for youths, one-on-one relationship building, and positive recognition for students.
 - Summer youth programs provided an introduction to the DARE program for youth ages 6-12.
 - Community fairs.
 - Community celebrations included PACT Night Out Against Crime, Sun Faire, holiday bazaar, etc.
 - Parades.
- ❖ Outcome Measures included:
 - Survey data: A post survey was administered to students who were a part of the seventeen-lesson DARE program. The results were included with Adams County Program Activity Reporting (PAR) forms.
- ❖ Process Measures included:
 - 700 students served in DARE classes, ages 5-17.
 - Approximately 1,986 participants in other community-related DARE activities and events, 1,500 ages 5-17 and 486 ages Birth to 65+.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

ASOTIN COUNTY

Name of Program: Asotin County Prevention Project

Contact Person: Adele Plouffe
Phone number: (509) 758-9842

Mission Statement: We are committed to an ongoing process of planning, inclusive relationships, and cooperative partnerships, which achieve our visions.



Activity #1: Parenting Classes – Growing Up Again, and Developing Capable People

- ❖ Risk/Protective Factor(s): Increase Family Management Skills
- ❖ Description: Facilitated parent and adult learning and parenting skills. Twelve sessions were held for fall and spring of 2000-2001. Students were parents, grandparents, and youth care workers. This was an open program, although most people who attended were referred through a service provider such as Child Protective Services, Work First, or friends who have had the sessions previously. The curriculum was interactive and encouraged the participants to practice skills learned during the week and report to the group on the experience at the next session.
- ❖ Outcome measures included:
 - Survey data: Participant reporting each session on what was learned and how they used the information.
 - Teachers/Parents/Participants reported: Four months following the end of the sessions, participants were asked to complete a feed back sheet. Nine sheets were returned. All comments included ways that they had used course material in interacting with their children or other family members.
- ❖ Process measures included:
 - 23 people served, ages 24 to 55

Activity #2: Celebrate the Family Month

- ❖ Risk/Protective Factor(s): Family Management
- ❖ Description: Parenting informational articles were published in a local newspaper on four consecutive weeks, giving tips on cooperation, discipline, and building children's skills.
- ❖ Process measures included:
 - 5,000 people of all ages were exposed to the articles
 - Four volunteers were involved in the activity, providing approximately five volunteer hours each for a total of 20 volunteer hours.

Activity #3: Safe Policy – Youth Intervention Activities

- ❖ Risk/Protective Factor(s): Promote Social Skill Building in High Risk Youth

- ❖ Description: School personnel, Child Protective Services, law enforcement, the juvenile court, and parents referred school-aged youth for services. A screening committee reviewed information on each child to determine appropriateness of services. The youth were given a choice of activities that built skills such as karate, horseback riding, dance, gymnastics, and swimming.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants report: Walker-McConnell scale of social competence and school adjustment
- ❖ Process measures included:
 - 46 people served, ages 6 to 17
 - 20 volunteers were involved in the activity, providing approximately 105 volunteer hours
 - In-kind support included: reduced registration and/or membership fees for services, transportation assistance to participants, local agencies who participated on the screening committee, juvenile court staff who provided office support, and loan of office space/equipment without charge.

Activity #4: Asset Building

- ❖ Risk/Protective Factor(s): Promote Increased Social Skill Building in Youth
- ❖ Description: In partnership with the DASA Prevention Program and the Community Health and Safety Network, compiled the Valley assets survey results and presented them at a Valley-wide town forum
- ❖ Outcome measures included:
 - Survey data: Search Institute's Developmental Assets Survey
- ❖ Process measures included:
 - 185 people served, ages 15 to 70
 - 45 volunteers were involved in the community meeting, providing approximately 200 volunteer hours
 - In-kind support: Schools supported youth to attend conferences, and agencies sent representatives to display information on available services

ACTIVITY 5: Neighborhood Building Project

- ❖ Risk/Protective Factor: Low Neighborhood Attachment
- ❖ Description: Small grants were offered to neighborhoods to hold neighborhood gatherings. The purpose of the gathering was to help neighbors get acquainted and build relationships/trust.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants report: Feedback sheets were required for each event; all comments were positive. The city police were invited to one event to discuss neighborhood watch.
- ❖ Process measures included:
 - 300 people attended, all ages
 - In kind Support: Three articles were published in the local daily paper. One party was featured on the local TV news.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

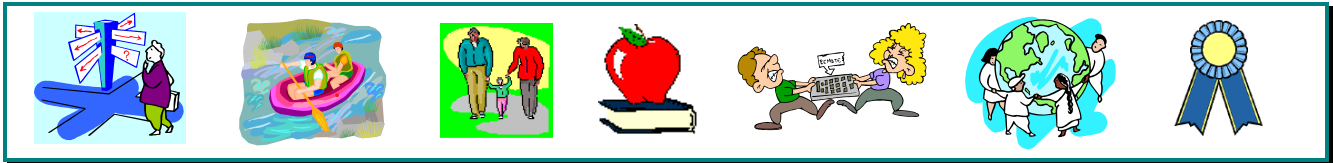
Benton and Franklin Counties

Name of Program: Benton-Franklin Substance Abuse Coalition

Contact Person: Peggy Haecker/ Rich Marshall
Phone: (509) 783-3180

Mission: Provide assistance and support for community members in creating and sustaining healthy, safe and economically viable communities, free from substance abuse and its related social ills. BFSAC is incorporated within the state, and was organized exclusively for educational and charitable purposes.

Vision: Through community awareness, education and mobilization, BFSAC will effectively address the problems of substance abuse by promoting collaboration, cooperation, communication, commitment and cultural sensitivity.



Activity #1: Hanford Health and Safety Expo

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Drug Use, and Healthy Beliefs and Clear Standards.
- ❖ Description: Directly impacted 19,000 persons from Fluor Daniel Hanford and their families with “Do NOT drink and drive” messages using the DUI Fatal Vision Goggles and fact-based information.
- ❖ Outcome measures included:
 - Survey data: Hanford Expo Rating Committee awarded the booth as "Best general information provided to the general public", rated the information provided as “Excellent,” and named the booth as "2nd Best Booth of 197 booths.
 - Participants reported: overall excellent rating, and participants’ returned for 2nd year with family members and/or friends to “experience the message.”
- ❖ Process measures included:
 - 19,000 people were served aged 12 to 65.
 - Nine volunteers from Richland Police Department and AmeriCorps, providing over 110 volunteer hours.
 - In-kind support: Scholarship of \$75 and equipment.

Activity #2: First Night Tri Cities

- ❖ Risk/Protective Factor(s): Healthy Beliefs and Clear Standards, Community Laws and Norms Favorable Toward Drug Use, and Opportunities, Skills and Recognition.
- ❖ Description: First Night Tri Cities brought drug and alcohol-free celebration for New Year’s Eve to over 18,000 people and families by celebrating the visual and performing arts and local artists. The event changed the norm that “you have to do alcohol” to have a good party; parents also spent time with “families,” young to old, instead of going out partying with their drinking friends.
- ❖ Outcome measures included:
 - Participant attendance increased by 4,500 people over last years’ event.
 - Survey of participants: 93% rated event excellent, 5% rated good.
- ❖ Process Measures:
 - 18,000 people were served aged 0 to 75.
 - 185 volunteers were involved in the activity from 37 different agencies, providing over 1,950 volunteer.
 - In-kind support: materials, equipment, media ads and coverage, board and other committee attendance, more than 75 hours, cash donations \$75,000, decorations, and transportation.

Activity #3: Red the Refuse Man

- ❖ Risk/Protective Factor (s): Early Initiation of Problem Behavior, Favorable Attitudes Toward Problem Behavior.
- ❖ Description: *Red the Refuse Man* presented a drug and alcohol-free message to over 309 kindergarten through third grade classes. An interactive and age appropriate message was used, teaching more than 960 children who they can turn to and trust when something is wrong, and the difference between good and bad drugs.
- ❖ Outcome measures included:
 - Survey data: Pre- and post-surveys of K-3rd graders showed a significant increase in "awareness of positive and trusted adults to talk to," by K-3rd graders (DRP 2000 Report).
 - Teacher satisfaction survey showed that teachers used RED as an opportunity to "talk to kids" in classroom settings, and that teachers made "repeat requests for performances" each year.
 - Parent information surveys: provided positive and age-appropriate information to talk to their children in the home, and helped keep parent-child communication lines open about tough issues.
- ❖ Process Measures:
 - 960 children were served aged five to eight.
 - In-kind support: teachers' class time, at 30 minutes per performance totaled 154.5 hours.

Activity #4: Columbia Challenge Ropes Course

- ❖ Risk/Protective Factor(s): Skill Building, Bonding, Opportunities, Skills and Recognition, and Healthy Beliefs and Clear Standards.
- ❖ Description: BFSAC provided to over 836 youths with the opportunity to improve communication skills, problem solving, good decision-making, and team building through the Columbia Challenge Ropes Course.
- ❖ Outcome measures included:
 - Teacher satisfaction survey results were good to excellent.
- ❖ Process measures included:
 - 836 youth were served aged 12 to 25.
 - Eight volunteers were involved in the activity from Columbia Challenge Ropes Course Co-facilitators' Group, providing 160 volunteer hours.

Activity #5: Amistad Challenge Program

- ❖ Risk/Protective Factor(s): Low Commitment to School, Early Initiation of Problem Behavior, and Opportunities, Skills, and Recognition.
- ❖ Description: Three classes of 5th grade (90 total) students built an interactive communication skills learning foundation over a five-week period, using experiential learning techniques. The classes culminated in a one eight-hour day at the Columbia Challenge Ropes Course. The finale was a Family Dinner event where the program presented pictures of all kids, highlighting the ropes course day's events, and awarding recognitions.
- ❖ Outcome measures included:
 - Survey data: pre- and post-test (Walker McConnell Social Skills) measuring social skills, showed good skill building, retention and use in the classroom.
 - Teachers reported: Three teachers indicated great improvement in students working together, and working harder at being clear when communicating with their peers.
 - Teachers reported a reduction in the number of behavioral problems, an increase in the number of kids keeping themselves "in check", and more students honoring "boundaries."
- ❖ Process measures included:
 - 90 students were served aged 10 to 12.
 - In-kind support: one Kennewick school counselor, providing time, copying, organizing, hosting family event and transportation, food and cash (\$500).

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Chelan and Douglas Counties

Name of Program: **TOGETHER! for Drug Free Youth** **Contact Person:** **Renee Hunter**
Phone number: **(509) 662-7201**

Mission Statement: To educate the community at large about the risk and protective factors associated with youth substance abuse and violence, and to facilitate the development of comprehensive risk-focused strategies and programs for local substance abuse and violence prevention, with emphasis on youth.



Activity #1: TOGETHER! for Drug Free Youth - Nine Community Coalitions

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime, and Low Neighborhood Attachment.
- ❖ Description: To increase community participation in nine communities in creating a drug and violence free community. To effectively address the problems of substance abuse and violence by promoting collaboration, cooperation, communication, commitment and cultural competency. This effort developed and implemented comprehensive community-based substance abuse and violence prevention programs that linked community resources with schools, law enforcement, and juvenile services.
- ❖ Outcome measures included:
 - Survey data:
 - Increased community coalition membership by 30 volunteers.
 - Pre and post survey – coalition assessment tool.
- ❖ Process measures included:
 - 446 volunteers met in nine communities with TOGETHER! for Drug-Free Youth.
 - Volunteers met in the nine communities on a monthly basis for 220 hours. The majority of these meetings were held at local community schools.

Activity #2: Parenting Classes “Becoming a Love and Logic Parent”

- ❖ Prioritized Risk/Protective Factor(s): Family Management Problems and Favorable Attitudes Toward the Problem Behavior.
- ❖ Description: Provided parenting classes that included discussion and application of skills using the “Becoming a Love and Logic Parent” model, provided by personnel trained in delivery of the curriculum. This was a six-session, two hour per session class that focused on parents and grandparents. These classes taught boundaries, security, positive discipline, and parent/child relationships. All classes were taught at local community schools in the evenings.

- ❖ Outcome measures included:
 - Increased parenting skills of 450 parents to deal with their children in a respectful, nurturing manner.
 - Provided boundaries, security, positive discipline, and parent/child relationship. A pre survey is given at the beginning of the sessions and a post survey is given at end of sessions. Ninety percent of the parents increased their parenting skills by the end of the class.
- ❖ Process measures included:
 - 12 classes for 450 parents/grandparents were provided.
 - In-kind included donations of space by schools.

Activity #3: After School/Summer School Programs

- ❖ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior, Rebelliousness, and Low Academic Achievement.
- ❖ Description: These programs provided a safe place after school and summer to reduce the incidence of juvenile violence, substance abuse, and tobacco use. Individual mentoring, assistance with homework, recreational activities and counseling was provided. Programs operated Monday-Friday 3:00 to 6:00 p.m. This program was open to all children grades 1st through 6th. This is a collaborative partnership with seven school districts.
- ❖ Outcome measures included:
 - 35% achieved an improvement of a grade point or more in at least one subject area.
 - Teachers/Parents/Participants report: Students enrolled in the program were more likely to have their homework completed.
- ❖ Process measures included:
 - 520 youth grades 1st through 6th participated in after school programs.
 - 750 youth grades 1st through 6th participated in summer school programs.
 - In-kind: School districts provided the space to hold the after school and summer programs.

Activity #4: Drug and Violence-Free Communities

- ❖ Prioritized Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Use, Firearms and Crime.
- ❖ Description: Flyers, brochures, posters etc. were passed out at local community celebration days, county fairs, school events, and local fund-raising events. These were educational materials along with invitations to get involved in creating a drug and violence-free community.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants report: Inventory lists were kept updated and supplies were ordered on a regular basis. Membership on local Community Mobilization Teams increased by 10%.
- ❖ Process measures included:
 - 10,000 brochures were distributed to community residents of all ages.
 - 10 volunteers were involved with this local activity, volunteering over 150 hours.

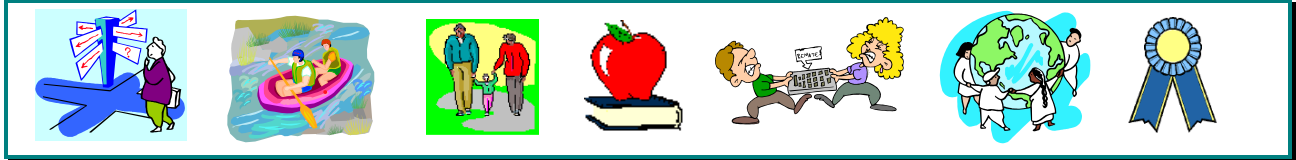
**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Clallam County

Name of Program Clallam County CMASA

Contact Person: Jim Borte
Phone number: (360) 417-2385

Mission Statement: To work with interested parties to reduce drug use and violence in our county.



Activity # 1: GUTS (Gifts Unlimited Teen Seminar) For Parents

- ❖ Risk/Protective Factor(s): Family Management Problems, Early Initiation of Problem Behavior.
- ❖ Description: A program designed using experiential learning to improve communication, relationships, family management and partnerships between parents and their teens. It was a four day (36 hour) intensive seminar that utilizes low ropes course, skill building, role playing exercises, self-discovery processes, and small group sharing. A team of trained facilitators conducted the program.
- ❖ Outcome measures included:
 - An 18-question survey was used that measured the experiences of participants.
 - Results were very positive with satisfaction ranging between 75% and 100%. All parents reported increased parenting skills and understanding of how teens “think”.
 - Overall rating of the program was “fantastic”: 55% and “excellent”: 45%. Participating parents reported a 100% agreement with positive statements about the seminars.
- ❖ Process measures included:
 - 21 parents participated aged 40 to 56.
 - In kind support: United Way, service clubs, and private foundations supported activities.

Activity #2: First Step AUNTIES Program

- ❖ Risk/Protective Factor(s): Extreme Economic Deprivation, Family Management Problems.
- ❖ Description: Trained volunteers worked with high risk, low-income women with children aged birth through four (0-4) years of age. Volunteers served as mentors, encouraged parent-child bonding, and provided parent education training and emotional support. They also taught problem-solving skills and helped parents to build a positive support network for their families.
- ❖ Outcome measures included:
 - A two-part evaluation was used. Part one was a Parent Education Survey Instrument. The second part consisted of a Parenting Skills Ladder, which was developed by a professional evaluator for the project. The participant’s survey and the parenting ladder were specifically developed for this program as part of an initiative utilizing co-funding of programs for families with infants and

toddlers (0-4). The process involved development of common evaluation tools such as the parenting ladder.

- The Parent Education Survey was administered by a program coordinator who interviewed 21 of the 49 participating parents. On the first eight questions of the survey, participants were asked to rate their “Auntie” on eight different skills. The scoring was on a scale of 1 (low) to 5 (high). Scores ranged from 3.7 to 5.0. An additional four questions were asked to give participants a chance to express their experience with the program. The results were very positive.
- The second part of the evaluation used a parenting skills ladder which allowed parents to do a pre- and post-program comparison of their parenting skills. There were eight areas evaluated and six areas showed a significant increase in parenting skills, while the remaining two showed a slight increase.
- ❖ Process measures included:
 - 49 participants aged 16 to 37.
 - In Kind Support: Funding was provided by a number of sources including United Way, Clallam County Community Network, and DASA Prevention/Early Intervention. This was part of an on-going effort in the community to develop a network of programs and services to provide universal home visiting for parents with children birth through three years of age.
- ❖ The following is a list of the other programs and activities funded by CMASA during FY2001:
 - DARE (Sheriff’s Department and Port Angeles Police Department)
 - Forks Teen Center
 - Children Are People (Children living in homes with drug abusing adults)
 - The Grim Reaper and the Magic of Mike Wong programs
 - Jefferson After-School
 - Club PRIDE
 - SMART Moves
 - In Touch With Teens (Anger Management)
 - AUNTIES II (Home Visiting)
 - FAVOR (Violence Reduction/Anger Management)
 - The Nurturing Program
 - Volunteer Mentors (Mentors for Juvenile Drug Court Participants)
 - Second Step (Support for recovering substance abusing parents with children)

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Clark County

Name of Program: Community Mobilization

Contact Person: Karyl Ramsey
Phone number: (360) 397-2130

Mission Statement: Work in partnership with the people of Clark County to plan and manage social services and achieve a safe and healthy community.



Activity #1: Family Support Programs

- ❖ Risk/Protective Factor(s): Increased Family Management Skills, Increased Community Attachment.
- ❖ Description: Develop family council; Parent Advisory Board, Parenting Programs; Children's Programs; Outreach; Weekly Parent Support Group; Weekly Children's program; and Bi-Monthly Family Fun Events; Training for Parent Advisory Board; and Awareness Campaign (violence prevention focusing on school bullying and parents' role in protecting their children from violence and risky behaviors).
- ❖ Outcome measures included:
 - Established Family Support Program family council and governance.
 - Increased parents' awareness of non-punitive discipline.
 - "Family Fun Night" survey: 80% of participants planned to attend future events; 44% planned to participate in other community events; 20% were in contact with other community agencies; and 52% established new friendships within their communities.
 - Family Support survey: participants reported feeling better equipped to help their children solve problems, and improved their ability to establish and enforce rules for their children.
- ❖ Process measures included:
 - 638 people served, aged 5 to 65, during 24 parent education classes offered.
 - 20 children's programs accompanied the parent education classes.
 - "Parenting News" newsletter mailing list increased from 500 to 1,000.
 - 28 family fun events were offered.
 - Monthly family council meetings were held. The family council sponsored "Making Room at the Table" training and five members participated. A violence prevention campaign focused on school bullying and parents' role in protecting their children against violent and risky behaviors.
 - Over 1,200 pieces of violence prevention material were distributed.
 - 24 volunteers were involved, providing 232 volunteer hours.
 - In-kind support: building, staff, and equipment.

Activity #2: Youth Ambassadors

- ❖ Risk/Protective Factor(s): Bonding to Community/Youth as Resources.
- ❖ Description: Youth participated in community events and received business etiquette and networking training. Four team building/project development activities were held. Students participated in a "What's My Line?" interactive panel presentation. A community business tour was provided and recognition event was held.
- ❖ Outcome measures included:

- Increased opportunities for youth to be a resource to the community.
- Increased opportunities for intergenerational experiences.
- Increased opportunities for the community to value youth.
- ❖ Process measures included:
 - 198 youth served, aged 10 to 18. Community events: butterfly garden at a local care center, trade shows, discovery walks, two BattleGround Chamber events, and a recognition event.
 - 299 students and 842 adult volunteers were involved in the activity, providing 1,840 volunteer hours.
 - In-kind support: Space, computer and copy machine.

Activity #3: Life Skills

- ❖ Risk/Protective Factor(s): Favorable Attitudes Towards Drug Use, and Healthy Beliefs and Clear Standards.
- ❖ Description: Training program in effective tobacco, alcohol and other drug prevention for both middle and junior high school students.
- ❖ Outcome measures included:
 - Increased drug resistance, self-management and general social skills.
- ❖ Process measures included:
 - Four teachers and 122-5th grade students were trained at Pleasant Valley.
 - Five teachers trained 169-5th grade students aged 10 to 15.
 - In-kind support included: land/building, computer and other office supply use, and equipment.

Activity #4: Coalition/S.W.A.T. (Students Working All Together)

- ❖ Risk/Protective Factor(s): Increased Community Attachment.
- ❖ Description: Development of a coalition consisting of youth and adult community members, using coalition training in the *Communities That Care* model. Regular meetings of the coalition occurred over the course of the contract. A community Prevention Plan was completed and awareness information identified and disseminated.
- ❖ Outcome Measures:
 - Leadership skills sessions were built into projects including serving meals to the homeless, the Everyday Heroes event, and the Anti-Tobacco Sticker Blitz in doctors' office magazines. A youth-written *Prevention News Tobacco Awareness* issue was sent to 7000+ families.
- ❖ Process measures included:
 - 15 youth aged 13 to 15 participated. An additional 489 attended community events.
 - 40 volunteers were involved in the activity, providing 40 volunteer hours.
 - In-kind support: land/building, computer and other office supply use and equipment.

Activity #5: "Discipline That Doesn't Hurt" Parenting Program

- ❖ Risk/Protective Factor(s): Increased Family Management Skills.
- ❖ Description: Increase parent's knowledge of child development. Increase parent's knowledge of appropriate discipline skills for children's developmental stages. Increase in family bonding among family members.
- ❖ Process measures included:
 - 160 families served with youth aged 1 to 10. A total of eight classes was offered consisting of six two-hour sessions, for a total of 12 hours.
 - One volunteer was involved in the activity, providing 16 volunteer hours.
 - In-kind support: building (meeting space).

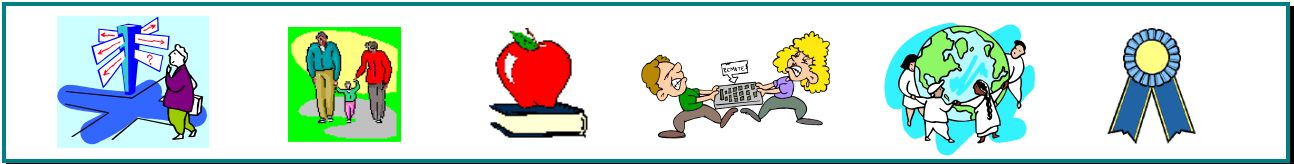
**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Columbia County

Name of Program: CM Task Force

Contact Persons: Catherine Aaltonen, Colleen Graham
Phone number: (509) 382-2527

Mission Statement: To prepare county youth to lead healthy and productive lives, free from the effects of substance abuse and emotional trauma through collaborative efforts involving all citizens and service groups in the community.



Activity #1: ICN Summer Recreation/Prevention Program

- ❖ Risk/Protective Factor(s): Availability of Drugs, Extreme Economic Deprivation, and Early Initiation of Problem Behavior.
- ❖ Description: This program offered positive, safe, and structured recreational activities, education in social competency skills, positive role modeling, and employment for teenage youth counselors. It provided asset development via the *Character Counts* curriculum and prevention education and skill-building opportunities through portable ROPES physical challenge, crafts, music, art and an academic component for children with poor reading skills. The program was offered for six weeks from June to July and ran from 7:45 a.m. to 5:15p.m. Monday through Friday.
- ❖ Outcome measures included:
Survey data:
 - Parent surveys reported that children displayed improved communication and social skills.
 - Participants demonstrated an increased knowledge of the effects of tobacco use.
 - Parents reported children were able to cite examples of behaviors showing respect, fairness, responsibility, caring, trustworthiness, and citizenship.
 - 75% of the parents surveyed rated the program as very good or excellent.
- ❖ Process measures included:
 - 96 children were served aged 5 to 18. Average daily attendance was 50-55.
 - 12 volunteers were involved in the activity. Volunteers came from the school, parents, civic groups, local businesses, county government, service agencies and the community. Volunteer hours totaled over 330.
 - In-kind support: the Dayton School District provided gym, classrooms, sports equipment, and library books with a total value of \$3,500. The City of Dayton provided reduced rates at the swimming pool with a total value of \$3,500, and the city allowed the program to use the City Park free of charge.

Activity #2: Red Ribbon Week/Substance –Free Community Halloween Party

- ❖ Prioritized Risk/Protective Factor(s): Healthy Beliefs and Clear Standards, CM Organizing Activities, and Availability of Drugs and Alcohol.

- ❖ Description: Columbia County CM and the Health Department jointly sponsored *Red Ribbon Week*. Video presentations were made to Grades 1-6 followed by discussion of prevention issues. High School students designed prevention posters. The celebration culminated with an annual Drug Free Community Halloween Party on October 31, 2000. This consisted of a dinner and carnival for families. It provided an opportunity to build cohesion between teen volunteers and positive adult role models. Informational prevention pamphlets were distributed.
- ❖ Outcome measures included:
 - Columbia County Law Enforcement reported no major incidents of vandalism on Halloween.
 - Teachers/Parents/Participants report: Students displayed an understanding of refusal skills.
- ❖ Process measures included:
 - Approximately 100 students participated in classroom presentations. 300 people aged 1 to 65 attended the Halloween Party.
 - Four volunteers designed posters and arranged a Red Ribbon Bulletin Board at the elementary school.
 - In-kind support: Dayton School District provided a TV-VCR for classroom presentations. The Columbia County Fair Board provided the use of their building valued at \$150.

Activity #3: Community Methamphetamine Awareness Conference

- ❖ Risk/Protective Factor(s): Availability of Drugs and Healthy Beliefs and Clear Standards.
- ❖ Description: The President of the Washington State Narcotics Investigators Association gave a presentation on the dangers of use and production of methamphetamine. He emphasized how addictive meth is. This conference was jointly sponsored by Columbia County Commissioners, the District Court, the Farm Bureau, Inland Counseling Network, Law Enforcement, CM, the Dayton School District, the Community Network, the Columbia Regional Electric Association, and local businesses.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants report: A “meth watch” task force was formed. High School students were invited to design a “meth watch” decal. A design was chosen and decals produced. Over 18 businesses are displaying this decal.
 - Task Force members are planning other educational activities.
- ❖ Process measures included:
 - 150 people were served aged 11 to 68.
 - 20 middle school students participated in a meth presentation.
 - 15 volunteers were involved in the activity providing 200 volunteer hours.
 - In-kind support: use of school facilities, valued at \$200. The county donated \$4,000.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Cowlitz County

Name of Program: Cowlitz Substance Abuse Coalition

Contact Person: Ramona Leber
Phone number: (360) 577-3041

Mission Statement: To mobilize the community to be healthy and safe by reducing substance abuse and violence through the integrated efforts of collaboration, communication, cooperation, and cultural competency.



Activity #1: Youth After Hours

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Favorable Attitudes Toward Problem Behavior, Friends Who Engage in Problem Behavior, Social Skill Development, Opportunities and Rewards for Participation, Bonding.
- ❖ Description: An after-school program at three high-risk, elementary schools, the program operated every day after school from dismissal to 5:30 p.m. Youth organizations provided staff and curricula that taught life skills. Each session provided skills building while creating bonds to school and positive adult role models. Any student could attend when registered by his/her parent. Participants were rotated through Kids Council where they had opportunities to learn leadership skills, advise adult staff, and determine program activities. Collaborative partners included: 4-H, Girl Scouts, Boy Scouts, Camp Fire, YMCA, Parks and Recreation, school districts, United Way, and Community Mobilization.
- ❖ Outcome measures included:
 - Survey Data:
 - 54% of participants surveyed always/most times felt a sense of belonging/bonding; 62% always/most times could resolve conflict; 74% always/most times made decisions or solved problems; 74% identified with positive adult role models; and only 35% always/most times felt alienated from their peers.
 - Teacher/Parent/Participant Surveys: 78% of parents surveyed said their child, as a result of Youth After Hours, always/most times felt a sense of belonging/bonding; 82% always/most times could resolve conflict; 85% always/most times made decisions or solved problems; 85% identified with positive adult role models; and only 21% always/most times felt alienated from their peers.
- ❖ Process measures included:
 - 470 children grades K-6 were served. Average daily attendance was 135 (45 per site).
 - AmeriCorps Members staffed one site. Community agencies contributed funding for staff.
 - In-kind support: over \$12,000 from Collaborating agencies. USDA provided beverages and snacks at a value of nearly \$16,000. School districts provided gyms and classrooms for free. . Community agencies and organizations provided \$85,000 in support,

Activity #2: Strengthening Families 6-10

- ❖ Risk/Protective Factor(s): Family Management Problems, Family Conflict, Favorable Parental Attitudes and Involvement in Behavior, Healthy Beliefs and Clear Standards.

- ❖ Description: This is a best practice parenting skills training for parents of 6-10 year olds and works well with substance abusing parents. The whole family is trained in 14 weekly sessions, with each session including skill development, a meal, and family time. The training was offered at the highest at-risk elementary school in Cowlitz County. Facilitators were school personnel who had good relationships with parents in the program. Each session taught parenting and relationship skills while exposing family members to positive adult role models who held healthy beliefs and clear standards. Collaborative partners included: Highlands Drug-Free Communities Program, Providence Addictions Recovery Center, Cowlitz County Human Services, service clubs, Weyerhaeuser Company, and Community Mobilization.
- ❖ Outcome measures included:
 - Survey Data: 90% of parents reported some decrease in family tension (an indicator of family conflict); 70% of parents reported a 40-50% decrease in family tension; 60% of the families reported modest decreases in negative parenting behaviors; 75% of parents surveyed reported a decrease in negative family relations.
 - Anecdotal information: Facilitators of the program reported parents communicated in a more positive manner to their children at the end of the program and that families increased their abilities to play together and relate to each other in a relaxed style. Children reported 60% more time spent talking with their families, 60% used the reward chart from the program, 70% got along better with their siblings, and 80% did more talking and less fighting with their parents.
- ❖ Process measures included:
 - 12 parents and 10 children aged 6-10 from five families participated in the 13 session program. Attendance was nearly 100%.
 - Volunteers prepared and served meals and staffed childcare for the younger children.
 - In-kind support: \$7,100 from collaborating agencies including training, meals, evaluation, and coordination. The school provided its gym and classrooms free of charge.

Activity #3: Youth Yellow Pages

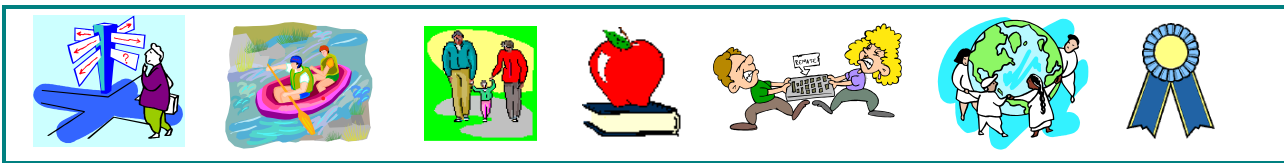
- ❖ Risk/Protective Factors: Favorable Attitudes Toward Problem Behavior, Early Initiation of Problem Behavior, Friends Who Engage in Problem Behavior, Social Skills, Healthy Beliefs and Clear Standards.
- ❖ Description: YYP is a pocket-sized resource guide for youth. It includes phone numbers of interest and listings of available activities, youth-friendly information on subjects of interest to youth including counseling, health care, suicide prevention, and alcohol and tobacco laws. Every middle school and high school age youth in Cowlitz and Wahkiakum counties received *Youth Yellow Pages* through their school. Health care providers and social service agencies provided the guide to patients and clients. An art contest provided a youthful cover for the booklet as well as recognition for the youth involved. Volunteers updated specific portions of the YYP. Law enforcement and the prosecutor's office were consulted on the accuracy of legal sections. This was a cooperative project of the Cowlitz-Wahkiakum Youth Commission.
- ❖ Outcome measures included:
 - Teacher and Administrators report: Very few Youth Yellow Pages were thrown away after distribution. Students made sure they got their copies. Often the guide is found dog-eared and well used at the bottom of backpacks.
 - Community response: Community demand for YYP was high. Community participation in updating the YYP was high.
- ❖ Process measures included:
 - 8,500 copies of the Youth Yellow Pages were distributed to every middle and high school student in Cowlitz and Wahkiakum counties. 3,500 copies were distributed in the community.
 - The company that printed the guide provided a portion of its services in-kind (value \$2,857).

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Ferry County

Name of Program: Ferry County Community Mobilization **Contact Person:** Judie Cribby
Phone number: (509) 779-4449

Mission Statement: To reduce the incidence and impact of substance abuse in Ferry County. The key goals are to reduce substance abuse among youth by removing barriers, and decrease parental attitudes and involvement in problem behaviors. The key activities to be funded are alcohol and drug free after school, weekend, and summer programs for youth.



Activity #1: 4-H Summer Camp/Retreat

- ❖ Risk/Protective Factor(s): Family History of Alcoholism and Economic and Social Deprivation.
- ❖ Goals are: to teach positive life skills and reinforce awareness of the damage of using addictive substances; to teach participation and instill interest in non-drug using outdoor activities; develop positive adult to youth mentoring and role model relationships; give opportunities for teen leadership building and positive role modeling to younger youth; create an atmosphere to develop positive non-using peer relationships/friendships; to reinforce and build positive life skills; and to create positive working/recreational relationships with authority figures and parents.
- ❖ Description: Provided a safe place and time to interact with other youth and adults. Ferry County was the lowest income county in the state, with a very high poverty level. There were not many available youth opportunities that were positive. There were few activities that brought youth together from across the county together in a non-competitive atmosphere. The older youth were brought together a day and a half early and given training as leaders of the camp activities. The camp was run with a larger ratio of teen leaders to adults than most programs. Sample activities were camping, hiking, outdoor crafts, canoeing, kayaking, 4-H shooting sports safety, survival skills, and shelter building. Developing the skills and interests in outdoor activities was much healthier then working for a downtown center where youth developed habits of going into a bar-like atmosphere to play pool, drink soda, and recreate. By developing skills and habits to create their own healthy outdoor entertainment and then building non-using friendships to participate in it with, we were truly building healthy skills for life.
- ❖ Outcome measures included:
 - Anecdotal: "I had more good relationships with adults than I usually do", "I met new friends and they were fun to be friends with" "I was crying and one of the teen counselors came over to me and was making me feel better." "I liked it when my group worked together to build the shelter", "Everyone thought I wasn't a teen helper but I really wanted to be one. It was very fun. I will do it again", "This was a cool and fun camp to go to overall and I am excited to come next year." "Teen Counselors were a great idea" "Some of the counselors looked lost a lot of the time, and the others made up for it".
 - From the teen leaders: "I saw my fellow counselors helping the other children. They were really good about it and this surprised me", "I met a lot of people, had fun with kids, and learned a lot about people", "The candle lighting ceremony was more touching then I expected", "During the shelter building contest one of the campers came up with an idea and it took the whole group to

make it work. It was truly amazing how great it felt"; "I learned how to deal with not talking and interacting with the kids".

➤ **Sample Survey questions and responses (out of 94 questionnaires returned):**

- -Which of the following is most true for you?
During this activity I spent more time than usual involved in healthy activities- 69.2%
- -Which of these if any, is true for you?
I had more good experiences with adults during this project than I usually do - 37.2%
I learned something from adults during this project- 72.3%
During this project I contributed something to my community- 28.7%
I am more encouraged about my life after participating in this project-43.6%
During this project, I saw other young people doing good things-78.7%
- -Think about how the project affected you. Did you gain any of the things listed below?
Personal power (feeling like you can have control over "what happens to you")- 50%
Self-esteem (Believing in yourself, trying your best)- 58.5%
Sense of purpose (feeling like the things you did were meaningful)-53.2%
Competence (Feeling like you can set a goal and get there)-60.6%

➤ **Second survey to 57 participants: Camper Questions:**

- "Did you meet new friends": Yes: 57, No: 0
- "Did you like Teen Counselor Leaders": Yes: 40, No: 1
- Teen Leader Question: "Did you enjoy your Leadership Roles?": Yes: 21, No: 0

➤ **Teachers/Parents/Participants report:**

"Watching a young shy girl come into her own, take over a group of children and teaching them the ways of 4-H", "What a positive experience for these 4-H'ers. I'm hoping they will leave here with many new life-long friends!", "I was especially impressed with how well organized the whole camp was", "The teamwork and positive attitudes were great", "In a word-cooperation", "teen counselors handled their groups with patience and consideration"

➤ **Sample Survey questions and responses: 9 returned out of 9:**

- Received positive feedback from adults- 89%
- Received positive feedback from their peers- 100%
- -Mark the following skills you observed or believe occurred for young people in project:
Making decisions- 66.7%
Making plans- 55.6%
Getting along with people- 88.9%
Understanding other people- 88.9%
Working with people who are different than them – 88.9%
- Young people involved in this project learned about:
Finding and using resources in their school, family, neighborhood, or community 55.6%
Ways to stay out of dangerous situations- 88.9%
How to make personal positive choices- 55.6%
How to resist doing things that might be harmful- 77.8%

❖ **Process measures included:**

- 103 youth served aged 5 to 19 and 27 adults involved.
- Two full time volunteers were involved in the activity 24 hrs per day for a total of four days, and 120 hours each of planning prior to camp, and 10 volunteers for 10 hours each teaching programs, for a total of 532 volunteer hours.
- In kind support: Four WSU Extension Youth Development Staff for 4.5 days at 16 hrs/day in delivery for 288 hrs and four staff in planning for five eight-hour days, for 160 hours of time. \$500 cash private person donation, nine parents' time (14 hrs/day for 4 days for 504 hrs), 4-H groups, WSU Extension and individuals-\$600 cash, canoes and trailer in kind use (\$900 rental value), sports training equipment (rental value of \$300), and archery equipment (rental value of \$100).

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

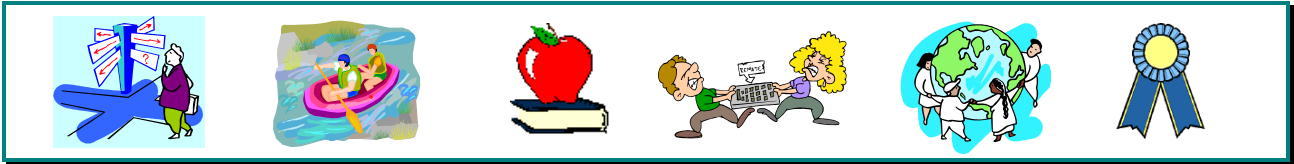
Garfield County

Name of Program: Garfield Substance Abuse Prevention

Contact Person: Rachel Gwinn

Phone Number: (509) 843-3791

Mission Statement: To promote, support, and provide education about substance abuse prevention to the school, community, and home.



Activity #1: After-School Recreational Activities

- ❖ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior.
- ❖ Description: These programs provided mentoring, teamwork skills building, and alternative activities for students. Volunteers ran the programs after school and on weekends. Students were exposed to positive lifestyles, fun activities, friendships, and were taught how to make good choices. These activities included AAU Basketball, Wrestling, Boy Scouts, Golf, Jr. Gun Club, and 4-H clubs.
- ❖ Outcome measures included:
 - Participant Satisfaction Tool: Surveys indicated that 84% of the students who participated in the programs had fun and began to make choices that enhanced their lifestyle rather than hurt it.
 - Focus Group/Key Informants: Volunteers and supervisors reported that they saw a distinct change in individuals' attitudes, self-esteem, and interaction skills. They also reported that students developed positive relationships with others.
- ❖ Process measures included:
 - 150 students were enrolled in the program.
 - There were a total of 23 volunteers. There were an average of 2,250 volunteer hours donated.
 - In-kind: Golf course offered free green fees, school allowed use of gyms.

Activity #2: Drug-Free Washington Month

- ❖ Risk/Protective Factor(s): Favorable Attitudes Toward the Problem Behavior, Favorable Parental Attitudes and Involvement in the Behavior.
- ❖ Description: The month of April consisted of a drug-free poster contest, grocery bag contest, door decorating, sidewalk decorating, a red ribbon campaign, and lots of fun! Each activity focused on a drug-free and healthy lifestyle.
- ❖ Outcome measures included:
 - Participant Satisfaction Tool: The students and community members reported they enjoyed expressing how they stayed drug-free through artwork. They also reported that many friends have begun to make better decisions.
- ❖ Process measures included:

- An average of 500 people participated in the activities. Ages averaged between 6-65.
- 15 volunteers helped organize the events. Over 100 hours were volunteered.
- In-kind: Grocery stores donated grocery bags, prizes were donated by various businesses, and the school donated supplies.

Activity #3: Family Fun Activities

- ❖ Risk/Protective Factor(s): Healthy Beliefs and Clear Standards.
- ❖ Description: Various members of the community organized two all-community events. The Community Action Team and the 4th of July Celebrants headed the events. The activities focused on family, friends, and leading a healthy lifestyle. There were various activities for youth that focused on being drug-free and building self-esteem. Adults enjoyed the entertainment and speakers.
- ❖ Outcome measures included:
 - Focus Group/Key informant: Seventy-eight percent of the youth reported they had fun and enjoyed the many activities that were offered. They also felt this gave them something to do rather than cause trouble.
- ❖ Process measures included:
 - 175 people participated in the events, aged 0-65.
 - 25 volunteers helped organize and conduct the events. Over 75 hours were volunteered.
 - In-kind: The swimming pool offered free swimming, community members entertained, and food was provided by various organizations.

Activity #4: After School Excellence Program

- ❖ Risk/Protective Factor(s): Early and Persistent Antisocial Behavior.
- ❖ Description: This program ran four nights a week from 3:30 PM -4:30 PM. The program provided one-on-one tutoring, mentoring, and recreation activities. Students were referred by their classroom teachers and parents, or joined the program by choice. High school students volunteered to work with the students as mentors.
- ❖ Outcome measures included:
 - Teacher Survey: Results of the survey indicated that 71% of students involved in the program showed increased spelling scores, 83% of the students were reported as showing improved social skills, and 93% of the students had increased homework completion rates.
 - Teacher Comments: Students that attended the program were more likely to complete their homework, their social skills improved, and their behavior in the classroom became far less disruptive.
- ❖ Process measures included:
 - 30 students participated in the program, aged 6-15.
 - Four volunteers helped with the program, with over 100 hours donated.
 - In-kind: Snacks were donated to the program by parents and volunteers.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Grant County

Name of Program: Grant Prevention and Recovery Center **Contact Person:** Wendy Hanover
Phone number: (509) 765-5402

Mission Statement: To provide treatment, education, and prevention services for substance abuse to facilitate community wellness to the Greater Grant County Area.



Activity #1: Community Organizing

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable to Drug Use.
- ❖ Description: CM funding provided prevention coordination in Grant County. This allowed for a variety of prevention activities to happen, funds to be leveraged, and community awareness of prevention increased. Following are the activities that were completed.
 - Coordinated a Latino Youth Conference for over 65 middle school Hispanic Youth across Grant County. The conference included activities on self-esteem, positive role models, and team building. The conference also included over 20 community and eight high school volunteers. Partners included local businesses and school districts.
 - Community Mobilization funds helped to coordinate and leverage more than \$150,000 in other funding to provide four after school programs in small rural communities, which served over 350 youth.
 - Networked with other groups across Grant County and Washington State including the Family Policy Network, Soap Lake Youth Outreach Center, Quincy Prevention Council, Grant County Tobacco Coalition, and the Washington State Mentoring Partnership.
 - Held recognition event honoring 18 volunteers' contributions to substance abuse prevention.
 - Coordinated community prevention trainings for local prevention providers including Portable Ropes Challenge, Make Parenting a Pleasure, Social Marketing, and Drug Prevention Indian Ways. A total of twenty-nine people were trained.
 - Published a newsletter highlighting prevention activities in the county.
 - Provided Tobacco and Prevention information to local service clubs and businesses, reaching approximately 60 people.
- ❖ Outcome measures included
 - An increase in requests for substance abuse prevention information and resources.
- ❖ Process measures included:
 - 1,200 people participated in programs in Grant County, including youth, parents, and families.
 - 20 volunteers gave time totaling more than 200 hours. Collaborative agencies and organizations included: WSU Cooperative Extension, Grant County Health District, seven Grant County school districts, Soap Lake Youth Outreach Center, Quincy Prevention Council, and individual community members.

- In-Kind: All space for the implementation of programs was donated.

Activity #2: Prevention Events

- ❖ Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ❖ Description: Community Mobilization provided funding to support local substance abuse prevention efforts in Grant County.
 - Purchased “Friends of Life” Bracelets for the “Friends of Life” Campaign at Ephrata Middle School. The Students Against Destructive Decisions used the bracelets to promote friendship and safety. 350 students participated in the event.
 - Three students from Ephrata High School attended the SADD Conference.
 - 48 students attended an all night Drug Free Graduation Event in Coulee City.
 - 40 High School Students in Quincy attended a two-day 4-H Challenge Ropes Course.
- ❖ Outcome measures included:
 - Program facilitators reported that participants increased knowledge in the areas of communication and leadership skills.
- ❖ Process measures included:
 - Prevention Events reached over 425 youth
 - 11 volunteers provided more than 100 hours. Collaborative agencies and organizations included: Quincy School District, North Central ESD, Ephrata School District, and Almira Coulee Hartline School District.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

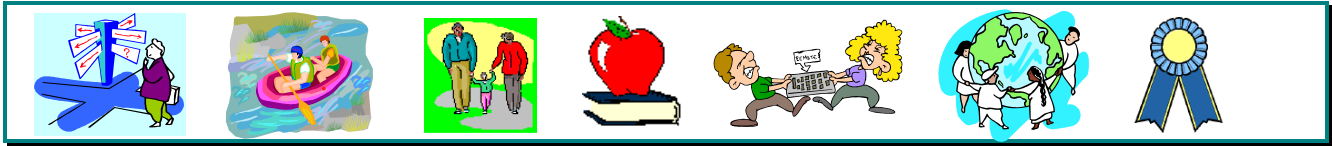
Grays Harbor County

Name of Program: Community Mobilization

Contact Person: Steve Perry

Phone Number: (360) 533-5100

Mission Statement: To help build healthy and safe communities free of substance abuse and violence.



Activity # 1 Community Mobilization

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization, Transitions and Mobility, Laws and Norms Favorable to the Problem Behavior.
- ❖ Description: Representation of Community Mobilization on 14 community boards, four coalitions, and ten committees. Volunteers participated from the Public Health and Safety Network, DASA, county and city governments, schools, mental health, business, faith communities, civic, volunteer, birth-to-3 providers, CCR&R, parents, youth, foster parents, non-profits, prevention providers, treatment providers, DSHS, DCFS, Workfirst contractors, homeless programs, after-school programs, youth services providers, the Educational Service District, special education staff, and law enforcement, providing 260 volunteer hours.
- ❖ Process Measures:
 - Over 200 people served, ages 14-65.
 - In-kind support included donated facility space and materials.

Activity #2 Youth Coalitions

- ❖ Risk/Protective Factor(s): Transitions and Mobility, Low Neighborhood Attachment, and Community Attachment.
- ❖ Description: Community members gathered to identify gaps and services for runaway and homeless youth and youth at-risk of becoming homeless.
- ❖ Process Measures:
 - Over 35 community members from 22 organizations participated in activities.
 - Two separate youth coalitions worked to provide services to runaway and homeless youth. The coalitions conducted assessments from participating agencies. Services and resources were identified.
- ❖ Outcome Measures:
 - A grant was submitted to provide survival needs for more than 200 youth, and a survey tool was developed to identify homeless and runaway youth. The survey was administered to 25 youth in a test sample. The tool will be implemented throughout the county in 2001-2003.
 - Survival needs supplies were distributed to youth on the streets.

Activity # 3: GUTS Seminars

- ❖ Risk/Protective Factor(s): Family History of Problem Behavior, Family Conflict, Favorable Attitudes Toward the Problem Behavior, Early and Persistent Antisocial Behavior, Lack of Commitment to School, Healthy Beliefs and Clear Standards, Social Skills.
- ❖ Description: GUTS is a four-day, immersive intervention program targeting at-risk youth involved in multiple systems (juvenile courts, chemical dependency and mental health counseling, and DCFS services). Participants engaged in learning life skills and social skills.
- ❖ Process Measures:
 - 26 youth served, ages 14 to 20.
 - Six volunteers donated over 480 hours. They represented DCFS, Evergreen Mental Health, DOH, Sexual Assault, and Community Mobilization.

- In-kind: School facility space, janitorial services. The Program leveraged over nine times the cost to Community Mobilization.
- ❖ Outcome Measures:
 - Teachers/parents/caseworkers reported changes in attitude, behavior, and self-esteem.

Activity # 4 GUTS Aftercare

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization, Transitions and Mobility, and Laws and Norms Favorable to the Problem Behavior.
- ❖ Description: GUTS Aftercare is a support group for at-risk youth. The support group teaches youth life skills such as conflict resolution, personal responsibility, decision-making, social skills, personal values and integrity, refusal skills, and problem solving. The volunteer providers are accessible mentors and role models for this population.
- ❖ Process Measures:
 - 12 people were served aged 14-20.
 - More than 26 volunteer hours, and undocumented time in excess of 60 hours. Volunteers were from DCFS, Mental health, Sexual Assault Prevention, the Health Department, and a private therapist.
 - Other in-kind: donations of food, postage, printing, transportation, and facility space.
- ❖ Outcome Measures:
 - Attendance is increasing. According to providers, recidivism rates are down measurably; school attendance is up, and mental health referrals are down among participating youth.
 - Participants and parents alike report an improvement in attitudes and behaviors. Youth report feeling better about themselves and are making better choices.

Activity # 5 Family Fun Nights

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization, Transitions and Mobility, Laws and Norms Favorable to the Problem Behavior.
- ❖ Description: Family, youth and schools combined resources to provide families in six elementary schools, one Junior High and one High School with a free meal, healthy educational activities which included parenting skills, and substance abuse resistance training.
- ❖ Process Measures:
 - 1,381 people served, ages 0 – 65+.
 - Over 100 volunteers were involved in the activities from all sectors of the community.
 - In-kind: over \$3,970 was leveraged from a CM investment of \$1,800, not including hundreds of volunteers hours or facility costs.
- ❖ Outcome Measures:
 - Reports indicated that participant satisfaction was overwhelmingly positive.

Activity #6 After-School Programs

- ❖ Risk/Protective Factor(s): Lack of Commitment to School, Academic Failure in Elementary School, and Early Initiation of the Problem Behavior.
- ❖ Description: Two elementary, three Junior High Schools, and one High School operated after-school programs under the 21st Century Community Learning Grant. Services included academic instruction, recreational opportunities, and community education; all supported by Community Mobilization services.
- ❖ Process Measures:
 - Over 400 K-12 youth were served in six schools, from three districts.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

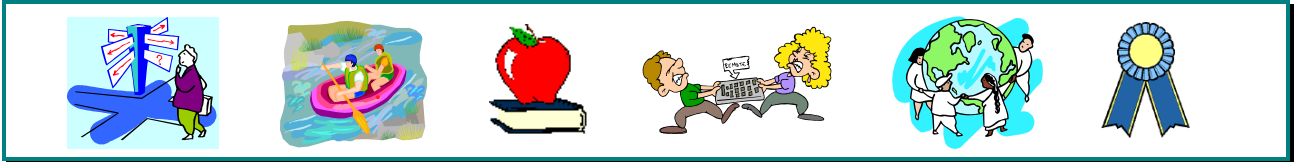
Island County

Name of Contractor: South Whidbey Youth Center

Contact Person: Mindy Magnusson

Phone number: (360) 221-4142

Mission Statement: To actively build and promote healthy communities.



Activity #1: ATOD-free Youth Programs: After-school Drop-Inn, Late Night and Neutral Zone.

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Use, Opportunities for Pro-social Involvement, Healthy Beliefs and Clear Standards.
- ❖ Description: These were collaborative projects that offered supervised ATOD-free youth activities: recreation, food, and interactive fun after school and on weekend evenings. Programs were tied to community policing strategies and community/school policies, promoted positive involvement, and modeled appropriate behavior. The target population was youth 10-19 years of age within the service area. Programs were intended for all youth, but were directed toward high-risk youth.
- ❖ Outcome measures included:
 - Survey data: Youth reported an increase in feeling accepted by adults and an increase in the number of hours they engaged in positive activities in their community. Youth reported a decrease in their use of ATOD.
 - Teachers/Parents/Participants reported: law enforcement, teachers and community leaders thought that these programs reflected a positive environment for youth, with mentoring and recreational activities.
- ❖ Process measures included:
 - Over 3000 people were served aged 11 to 18.
 - Volunteers provided over 2,000 hours of service.
 - In-kind support: food and supplies, rent-free facility use (\$10,000 +), and security. Other program support included funding from local individuals, businesses, organizations, foundations and other grant-making agencies.
 - Agencies involved: South Whidbey Youth Center, Central Whidbey Youth Coalition
 - Partnership with Youth, Stanwood-Camano Community Resource Center.

Activity #2: Parent Education and Support.

- ❖ Risk/Protective Factor(s): Family Management Problems, Opportunities and Rewards for Pro-social Involvement, Healthy Beliefs and Clear Standards, Bonding.
- ❖ Description: Parent education and training activities were provided by personnel trained in the delivery of services including structured curriculum such as "Developing Capable People" and "Parenting by Day," Family Nights, Family 1st, support groups, referral services, and parenting consultations.
- ❖ Outcome measures included:

- Survey data: Parents reported a reduction in family conflicts and a decrease in unresolved conflict in the home. Parents also reported feeling more competent as parents.
- Teachers/Parents/Participants report: Parents reported feeling more confident as parents because of having increased their parenting skills.
- ❖ Process measures included:
 - 37 parents participated in parent education courses for children aged birth to 18.
 - 99 people participated in Family Night activities
 - In-kind support included use of meeting space and food (over \$2,000 value), and volunteer support.
 - Agencies involved: South Whidbey Youth Center, Central Whidbey Youth Coalition, Catholic Community Services, Stanwood-Camano Family Resource Center.

Activity #3: Community Mobilization and Technical Assistance.

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Use; Opportunities for Pro-social Involvement; Healthy Beliefs and Clear Standards.
- ❖ Description: Program staff and board members facilitated and/or were key informants for several activities and served on coalitions and committees in the broader community to address substance abuse issues including:
 - “Stamp Out Tobacco” Triathlon for Coupeville Middle School students and families.
 - “Summer Kick-Off Concert” coordinated with high school youth.
 - Assisting parents to organize drug-free graduation event funding for classes of 2001, 2002, and 2003.
 - Countywide Combined Assessment process.
 - Northwest ESD 189/Lakewood Substance Abuse Advisory Committee.
 - Drug-Free Communities Support Program on South Whidbey.
 - Law Enforcement and Education Partnership Program at the middle school.
 - SIG Grant program and planning in Oak Harbor.
 - League of Women Voters presentation forum dealing with methamphetamine use.
 - Community planning process focused on recreational facilities and programs serving multi-generations.
- ❖ Process measures included:
 - In-kind support: Coordination efforts of local community mobilization agency, funding from the local school district, financial support from local community service organizations, and facility use.
 - Over 50 partners in four regions of the county cooperated in hundreds of hours of ATOD awareness planning and activities.
 - Agencies involved: South Whidbey Youth Center, Central Whidbey Youth Coalition, Catholic Community Services, Stanwood-Camano Family Resource Center, and Partnership with Youth.
- ❖ Outcome measures included:
 - A planning process was completed, which reached the conclusion that an Intergenerational Community Center would be built. Funding applications are in process. Youth involved in this process developed a late-night coffeehouse providing drug free activities for high school teens, and planned intergenerational activities to involve the greater community.
 - Coalition building brought over \$4 million in new funding to county communities to focus on substance abuse prevention.
 - Over 90% of the graduating class participated in drug free graduation activities.
 - Police reported positive relationships with youth in the community and increased cooperation in crime investigations. They contributed success to building relationships via coalition programs.
 - Key informants reported a high level of collaboration and cooperation. It was agreed that they would continue to focus on communication as part of continued coalition development.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Jefferson County

Name of Program: Jefferson County CM

Contact Person: Jude Anderson

Phone: (360) 379-4495

Mission Statement: To reduce youth substance abuse by creating a sense of community ownership of the problem and solutions; forging community/provider partnerships and alliances; using available data to drive program decisions; evaluating current and emerging community resources; funding local and culturally-relevant approaches to identified problems; and recommending legislative action.



Activity #1: The Boiler Room

- ❖ Risk/Protective Factor(s): Favorable Attitudes Towards Drugs; Friends Who Use; Favorable Attitudes Towards Antisocial Behavior; Interaction with Antisocial Peers; Rewards for Antisocial Involvement; Opportunities and Rewards for Positive Involvement; Social Skills; and Neighborhood Attachment.
- ❖ Description: The Boiler Room was a coffee house/gathering place for highly at-risk older youth in Port Townsend. Many of the Boiler Room's patrons have significant substance abuse and family-related problems. Others are newly clean and sober and in need of a safe environment to support their recovery. A high percentage of Boiler Room patrons have been diagnosed with mental illness and/or learning disabilities. They are a disenfranchised group of teens and young adults who find at the Boiler Room like-minded fellowship, opportunities to build skills and confidence, and attachment to the community. The Boiler Room sponsors a jobs program, volunteer projects that benefited the community, social events and speakers, and support groups.
- ❖ Outcome measures included:
 - Selected scales from the Communities that Care Youth Survey, which were administered to new and recent Boiler Room patrons in the late spring and late fall of 2000. For a control group, the same survey was given in a pre- and post-test format to Mar Vista students, the local alternative high school program, who did not patronize the Boiler Room. The following participant outcome was sought:
 - As a result of patronage of the Boiler Room and participation in Boiler Room activities over a six-month period, participants would:
 - Reduce overall drug/ATOD usage in the previous 30-day period by 10%;
 - Indicate a stronger attachment to the community;
 - Increase utilization of community resources; and
 - Improve socialization skills and socialize less with peers who abused substances and exhibited antisocial behavior.
- ❖ Process measures included:
 - Approximately 150 young people patronized the Boiler Room over the contract period.
 - Well in excess of 20 volunteers were involved in various Boiler room activities.

- In-kind support: contributions (financial, furnishings, food) from foundations, local government, United Good Neighbors, and private donations.

Activity #2: The Tri-Area Teen Center

- ❖ Risk/Protective Factor(s): Favorable Attitudes Towards Drugs; Friends Who Use; Favorable Attitudes Towards Antisocial Behavior; Interaction with Antisocial Peers; Rewards for Antisocial Involvement; Opportunities and Rewards for Positive Involvement; Social Skills; and Neighborhood Attachment.
- ❖ Description: The Teen Center in Port Hadlock received Community Mobilization funds to cover a portion of operating expenses. Staff asked to participate in a formal evaluation, even though the Boiler Room was the program officially selected for this activity. The Teen Center serves a widespread, somewhat rural area where there are few resources for teenagers. Patrons are generally in their early to mid-teens and are drawn to the recreational activities at the Teen Center. The Center also has a jobs program and sponsors special events for youth, often sports-related.
- ❖ Outcome measures included: The Teen Center used the same survey instrument as the Boiler Room at similar pre- and post-test intervals. A control group was not identified. The surveys were sent to DRP and the results have not been returned.
- ❖ Process measures included:
 - Approximately 15 volunteers offered support to the teen center over the year, representing a total of 350 hours.
 - In-kind support: the Center receives funds and other donations from UGN, county government, and private foundations and donors.

Activity #3: Tri-Area Forum

- ❖ Risk/Protective Factor(s): Favorable Attitudes Towards Drugs; Friends Who Use; Favorable Attitudes Towards Antisocial Behavior; Interaction with Antisocial Peers; Rewards for Antisocial Involvement; Opportunities and Rewards for Positive Involvement; Social Skills; and Neighborhood Attachment.
- ❖ Description: This activity brought together citizens and youth program providers in the part of Jefferson County known as the Tri-Area, a sprawling rural area of about 9,000 community members. This is the most rapidly growing area in the county and is populated by many young, low-income families. The purposes of the Forum were to showcase existing opportunities for children and youth, and to identify needed resources. The group recommended expansion of the Tri-Area Teen Center facility and hours, and the development of mentorship programs for school-aged youth.
- ❖ Process measures included:
 - 50 people attended the Forum held in June 2000.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

King County

Name of Program: Community Organizing Program

Contact Person: Laura Edwards

Phone: (206) 296-5250

Mission statement: King County Community Organizing Program's mission is to implement prevention strategies that reduce substance abuse and violence in King County.



To accomplish this mission we have focused on three main strategies:

Activity Category #1: Provide Opportunities for Youth to Create Healthy Attitudes About the Harmful Effects of Drugs/Alcohol and Violence

- ❖ Risk/Protective Factor(s): Favorable Attitudes Towards Substance Abuse and Violence.
- ❖ Description: Work to increase the perception of harm resulting from substance use, and to increase youth's pro-social involvement in their community, family and school.
- ❖ Outcome measures included:
 - Survey Data: Youth surveys from these events indicated that:
 - 98% of the youth reported they felt more like a valuable member of their community as a result of the event.
 - 97% of youth felt their leadership skills and abilities had been strengthened as a result of the event.
 - Parent/Teacher/Participants Reported:
 - "I have learned to delegate tasks, trust people more and to enjoy my work in the community".
 - "I learned that it's easier to conquer my fears and things that are bothering me if I can get involved in something else. I also learned to listen better to others and how to keep everyone involved. Thanks!"
 - "I have learned not to be bossy and to be willing to compromise."
- ❖ Process measures included:
 - 1,489 youth were involved in positive youth activities.
 - \$47,845 in community resources was leveraged (over \$2.50 for every CM \$1 spent).
 - 1,601 volunteer hours were donated.

Activity Category #2: Family Oriented Prevention Events

- ❖ Risk/Protective Factor(s): Family Management Problems.
- ❖ Description: Work to increase families' abilities to solve their problems in positive ways, including increasing skills in positive parenting related to issues of substance use and violence.

- ❖ Outcome measures included:
 - Parent surveys from these events indicated that:
 - 100% of those attending found the information helpful.
 - Participant Reports
 - The most helpful part of the class was the focus on the positive types of discipline. I had heard about it before but never tried it. The change in my child when I used positive attention was wonderful.”
 - “I am so grateful for this class because I am learning how I can be a healthier person and have a healthier and more well balanced child.”
- ❖ Process measures included:
 - 1,393 family members attended the events.
 - \$39,744 was leveraged in community resources (over \$3 leveraged for every CM \$1 spent).
 - 505 volunteer hours were donated.

Activity Category #3: Creating Opportunities for Meaningful Community Involvement in Prevention

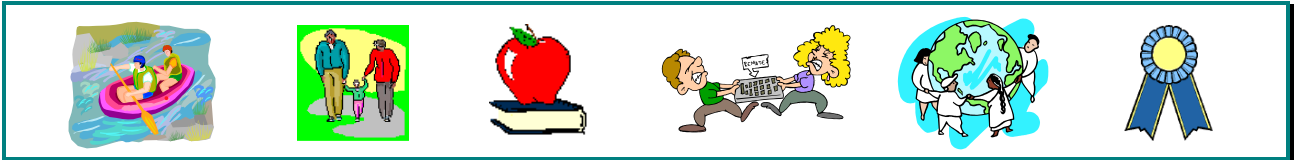
- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment.
- ❖ Description: Research shows that the more cohesive a neighborhood is, the less likely there is to be crime. Work to increase neighborhood cohesion and self-determination, especially concerning the reduction of substance abuse and violence.
- ❖ Outcome measures included:
 - Community surveys indicated that:
 - 100% of community members felt better about their community after attending an event.
 - Eight percent felt they could go to a neighbor for assistance on any violence or drug abuse issue.
 - Participants reported:
 - “Even though we don’t speak the same language, I feel more comfortable with my neighbors now.”
 - “I am pleased and proud of this project. This group (of youth and adults) has turned what was once an eyesore into a vibrant park utilized by students and staff as well as the community - in a word it is a beautiful addition to our community.”
 - “I am happy I could do my part.” (youth involved in above project)
- ❖ Process measures included:
 - 4,002 community members were involved.
 - \$36,847 was leveraged in community resources (over \$1.60 leveraged for every CM \$1 spent).
 - 1,525 volunteer hours were donated.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Kitsap County

Program: Community Mobilization Against Substance Abuse **Contact Person:** Mary Ellen de la Pena
Phone number: (360) 337-4878

Mission Statement: To support strategies, community coordination and programs devoted to reduction of the risk factors associated with substance abuse and violence.



Activity #1: Kitsap County Domestic Violence Task Force

- ❖ Risk/Protective Factor(s): Family Conflict.
- ❖ Description: The Kitsap County Domestic Violence Task Force (DVTF) is a coalition of community members, chemical dependency and domestic violence treatment agencies, law enforcement, probation services, Prosecuting Attorney's Office and health district staff dedicated to educate the community about issues regarding domestic violence. The goal of the DVTF is to create a coordinated community response to domestic violence in order to increase 1) prevention of domestic violence, 2) safety for survivors and 3) accountability for perpetrators.
- ❖ Outcome measures included: Reports of domestic violence by several law enforcement jurisdictions have increased with the inception of training provided through the DVTF.
- ❖ Process Measures included:
 - The DVTF Speakers' Bureau made 24 presentations to 681 individuals from area agencies and businesses.
 - 11,000 Domestic Violence Resource Guides were distributed.
 - 250 people attended the fourth annual Domestic Violence Summit.
 - 40-50 volunteers were active as board members, and work groups contributed more than 500 hours per year.

Activity #2: Teen Late Nights

Risk/Protective Factor(s): Availability of Drugs, Low Neighborhood Attachment, Bonding, Healthy Beliefs and Clear Standards, Opportunities, Skills and Recognition.

- ❖ Description: This Kitsap Family YMCA Program offered recreational, educational and mentoring activities on Friday and Saturday nights. The goal was to offer a safe, drug free, violence free environment for youth. The program was designed to serve all youth, and one indicator of its success in doing so was that it attracted homeless youth and school aged youth that were not attending school.
- ❖ Outcome measures included: Youth continued to participate in this program in growing numbers. There was a high ethnic minority participation rate of approximately 58%.
- ❖ Process measures included:
 - 1,600 youth participated in the late night program. One Friday night event had 180 participants, and 400 teens participated in the New Years special event.
 - The Bremerton Police Chief became one of 23 volunteers active within this program.

- Volunteers contributed approximately 2,600 hours per year.

Activity #3: Public Housing Family Support Camp

- ❖ Risk/Protective Factor(s): Family Management Problems.
- ❖ Description: Kitsap County Consolidated Housing Authority provided residents with opportunities to develop productive, drug free, violence free lives. This camp experience provided families who were not able to afford summer vacations with their children the opportunity to enjoy time together in recreational and educational activities. It promoted bonding to the family through learning and experiencing healthy family interactions and activities in a low stress, camp environment.
- ❖ Outcome measures included: The Community Services Director for the Kitsap Consolidated Housing Authority, Deb Howard, said: “This is a way to build positive family memories in a safe, supportive environment. Children and their parents are trying things that they have never done before. A group of teens lead the campfire songs together and several children swam and paddled a canoe for the first time. Family camper evaluations identified the values of: quality (unstressed and relaxed) time with other family members, wholesome family fun, and support and communication with other families.
- ❖ Process measures included:
 - 41 people participated.
 - The Campfire Boys and Girls Camp (Niwana) was used at reduced cost.
 - Approximately 12 teen volunteers and two adult volunteers from the community, Campfire and the Consolidated Housing Authority worked with three paid staff to coordinate camp activities, for a total of 224 volunteer hours.

Activity #4: Community Liaison for Youth Violence Prevention (a.k.a., Serious Habitual Offender Community Action Program/SHOCAP)

- ❖ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use/Violence.
- ❖ Description: Coordinated efforts of schools, local law enforcement and the juvenile justice system to target youth that were repeat offenders. This allowed for rapid response to probation violations and other offenses in order to hold the youth accountable and assure community safety.
- ❖ Outcome measures included: Developmental Research Programs evaluated SHOCAP.
 - Archival Data: Data from juvenile justice records was compiled and compared for ten youth one year previous to their being placed in SHOCAP and one year during their participation in SHOCAP. The comparison was to see if the rate this group of juveniles was committing offenses was decreased and whether they were being held increasingly accountable for their behavior.
 - Analysis of Pre-SHOCAP data compared to SHOCAP data indicated:
 - Recidivism rates decreased by nearly 30% (felonies - 28 %; misdemeanors - 29%);
 - Probation violations increased by 1.39 times (increased from 46 to 64 violations);
 - Warrants increased by 1.68 times (increased from 22 to 37 warrants);
 - Days served in detention increased 1.59 times (increased from 482 to 769).
- ❖ Process measures included:
 - Survey Data: Thirty-seven law enforcement and 56 school staff personnel were surveyed. 84% of law enforcement personnel indicated knowledge of the program and how it works. 73% indicated the program helped to maintain community safety. 76% of school personnel surveyed indicated knowledge of the program and how it works. 52% thought the program contributed to staff safety and to student safety.
 - Approximately 40 youth (13-17) were served. Schools and cities contributed approximately: \$21,654 in cash and in-kind. The juvenile detention facility provided office space valued at approximately \$6,250.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

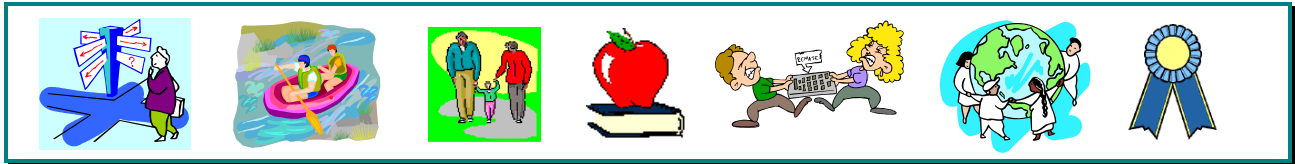
Kittitas County

Name of Program: ADDS Prevention Program

Contact Person: Andrea Dugan

Phone number: (509) 925-9821

Mission Statement: To promote strategies and implement effective services that support all residents of the county in the prevention and reduction of substance abuse, addiction, and related problem behaviors. Recognizing that we are all affected by substance abuse, we will utilize information provided by a broad spectrum of community members in our efforts to bring this mission to fruition.



Activity #1: Second Step Violence Prevention

- ❖ Risk/Protective Factor(s): Friends Who Engage in the Problem Behavior, Favorable Attitudes Toward the Problem Behavior, Social Skills, Interaction with Antisocial Peers, Bonding with Peers and School Personnel, Healthy Beliefs and Clear Standards.
- ❖ Description: The elementary version of the Second Step violence prevention curriculum was taught. Instructional areas concentrated on improving basic communication, anger management, empathy building, and impulse control skills. This curriculum was especially developed to target violence prevention and improve the students' self-esteem and problem solving skills. Role-plays, music, puppets, videos, and class discussion we used to reinforce the curriculum.
- ❖ Outcome measures included:
 - Survey data: Pre- and post-tests of teachers at the elementary school showed class improvement in seven out of 17 measures.
 - The intervention was effective in changing children's understanding of what constitutes interpersonal violence from pre- to post-test.
 - There was a decrease in the number of incidents involving student aggression reported to classroom teachers from pre- to post-test.
 - Results of the Wilcoxon signed ranks test indicated teachers observed students accepting significantly more responsibility for their part in problems from pre- to post-test.
 - The following table shows the number of "major rule violations" by students in the last four years, and the percentage change from year to year (the 1997-98 school year was the first year the curriculum was taught):

	1997-98	1998-99	1999-2000	2000-01
"Major Rule Violations"	157	152	114	68
% Reduction	---	3.2	25	40

- ❖ Process measures included:
 - 340 people were served aged 5 to 11 (all students in one elementary school).
 - In-kind support: the school district purchased the curriculum and provided teaching space and administrative support.

Activity #2: Youth Advisory Boards

- ❖ Risk/Protective Factor(s): Peers Who Engage in the Problem Behavior, Bonding to Peers, Adult Role Models, and the Community, Healthy Beliefs, and Clear Standards.

- ❖ Description: Youth Advisory Boards encouraged drug- and violence-free lifestyles for themselves and their peers by:
 - 1) Developing board capacity, leadership skills, and ATOD knowledge (e.g., attending ATOD conferences and doing school presentations);
 - 2) Conducting community service projects (e.g., creating and maintaining a downtown garden node); and
 - 3) Organizing, promoting, and implementing alternative activities for county youth (e.g. Halloween party, Summer in the Park).
- ❖ Outcome measures included:
 - Teachers/Parents/Participants gave numerous verbal reports regarding:
 - improved behavior of Board Members as reported by parents and teachers, and
 - appreciation for the community service projects.
 - Three community service projects and 15 drug- and alcohol-free activities were organized and implemented.
 - Board development activities took place (leadership program, ropes course).
- ❖ Process measures included:
 - Over 1,500 people were served aged 10 to 18 for board and recreational activities, and community members of all ages for the community service activities.
 - 55 volunteers were involved in the activity from the university and community, providing 270 volunteer hours.
 - In-kind support: Donated food and drink from local businesses, special rates for bowling, plants for downtown node, and venues for meetings and events.

Activity #3: Kittitas County Community Circle

- ❖ Risk/Protective Factor(s): Neighborhood Attachment, Bonding to Circle Members and Community, Healthy Beliefs and Clear Standards, Opportunities, Skills, and Recognition, Social Skills.
- ❖ Description: Circle work draws from traditional native talking circles and contemporary consensus building processes to create a space in which people can come together from different perspectives to work through a conflict, share information, develop a shared vision, collaborate on action, or build community connections. The Kittitas Community Circle has been meeting once per month, for two hours, since March 2000. Its current stated purpose is to include a variety of community members, to learn more about circle by doing it, and to serve the community. Other goals are being considered and will develop. Members are also doing community education about the circle process.
- ❖ Outcome measures included:
 - Survey data: Participant satisfaction and feedback surveys were administered for two conference presentations.
 - Participants gave verbal reports indicating increased intimacy in the group.
 - Two other circles were started in the community as a direct result of the teachings of this circle group.
- ❖ Process measures included:
 - 50 people were served aged 14 to adult (60+).
 - 12 volunteers were involved in the activity from university faculty and students, social services, parents, youth, schools, and the service industry, providing approximately 67 volunteer hours.
 - In-kind support: meeting space, promotion.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Klickitat County

Name of Program: Klickitat Co. Substance Abuse Prevention

Contact Person: Steve White
Phone number: (509) 493-2470

Mission Statement: To effectively address the problem of Substance Abuse and violence by promoting collaboration, communication, commitment, and cultural competency.



Activity #1: 4-H Summer Camp

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Low Neighborhood Attachment.
- ❖ Description: The 4-H Summer Camp was conducted in partnership with the Oregon counties of Wasco, Hood River and Sherman. This year the emphasis was on developing life skills and positive character attributes. Counselors received leadership training prior to campers' arrival. Volunteers were an essential part of camp, serving in many capacities. In addition to formal presentations, there were games, meals, campfire activities, recreational activities, and chores.
- ❖ Outcome measures included:
 - Survey data: A pre-post questionnaire reflected gains in various life skills, wise use of resources, and healthy lifestyle choices. Counselors reported increases in leadership skills.
 - Other outcome measures:
 - The program was financially successful (it broke even).
 - There was a greater diversity of campers than in previous years.
 - An increased partnership with Americorps, 4 – H, and other community partners.
- ❖ Process measures included:
 - 37 people were served aged 10 to adult.
 - Many volunteers were involved in the activity from Americorps and 4-H.

Activity #2: Lyle School Counseling and Klickitat Natural Helpers

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Low Neighborhood Attachment.
- ❖ Description: Natural Helpers is a program which trains and supports teens selected to assist other students with problems. Problems include personal choices, conflict with other students, and problems at school.
- ❖ Process Measures:
 - Teenage at-risk students were the target population for this program.
 - 30+ students, ages 15 to 18 were trained as Natural Helpers.
 - Teen students and faculty volunteers were involved in providing assistance to at risk students.

Activity #3: Saturday Morning Activities

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Low Neighborhood Attachment.
- ❖ Description: Glenwood School District provides various Saturday morning activities for local school-aged children. Supported organized activities that taught cooperation and peer interactions skills to youth in an isolated rural community.
- ❖ Process Measures:
 - Approximately 80 children served, ages 10 to 18
 - In-kind support included: Free use of gym and other school facilities and supplies.

Activity #4: Columbia High School Ski/Snowboard Club

- ❖ Risk/Protective Factor (s): Early Initiation of Problem Behavior, Low Neighborhood Attachment, Availability of drugs.
- ❖ Description: Provides county high school students from four high schools an opportunity to learn a life-long sport. Students must remain alcohol and drug free to participate in this program. Youth made a “no-use” pledge, planned and participated in substance abuse education in addition to recreational elements of the club.
- ❖ Process Measures:
 - 100+ youth served, ages 15 to 18.
Over 21 volunteers were involved in the activity.
 - Other in-kind support included:

Activity #5: The Climbing Wall

- ❖ Risk/Protective Factor (s): Early Initiation of Problem Behavior, Low Neighborhood Attachment
- ❖ Description: A number of community agencies and organizations worked together to build a “climbing wall” for use by youth in the community. In this first year, the only activity was the creation of the coalition, creation of goals and objectives, and the building of the wall. In the coming years the wall will be used in skills building, self-reliance building, team-building activities that give youth skills to resist the use of drugs and violence.
- ❖ Outcome Measures:
 - A number of community agencies and organizations came together to pool their resources to create the wall to be used by youth in the community.
 - Resources were identified, developed, and coordinated
 - The wall was built within the budget
- ❖ Process Measures:
 - Teen and adult volunteers were involved, providing numerous volunteer hours.
 - In-kind support included: Contributions of time, money and resources toward the building of the wall.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Lewis County

Name of Program: Lewis County Community Mobilization **Contact Person:** Sue Burnett
Phone Number: (360) 740-1450

Mission Statement: Community members participating in creating and sustaining healthy communities, free from substance abuse and its related social ills.



Activity #1: FIVE-O (Families in Violence Education and Outreach)

- ❖ Risk/Protective Factor(s): Family Conflict; Family History of Problem Behavior; and Opportunities, Skills and Recognition.
- ❖ Description: The Human Response Network, a local service agency which deals extensively with sexual assault and domestic violence victims, was the subcontractor for this project. The targeted populations were children, 4-6 years of age, who had witnessed domestic violence, and male youth, 10-13 years of age, who had witnessed domestic violence or exhibited violent behavior. These children participated in weekly support groups and, as deemed appropriate, could access one-on-one support services as well. The majority of referrals came from school counselors. Staff members also went to schools and spoke about healthy relationships, role modeling, and family violence.
- ❖ Outcome measures included:
 - Survey data: Participants in groups indicated they are glad for the chance to talk about their problems.
- ❖ Process measures included:
 - 11 males 10-13 years old attended weekly support groups.
 - 24 children, 4-6 years old, took part in weekly support groups; three groups, with eight participants per group.
 - One-to-one advocacy and support for three youth who also took part in the groups.
 - 25 teen parents attended presentations on healthy relationships and modeling behavior for children.
 - 70 teen parents attended a presentation about family violence.
 - 22 violence prevention presentations were made to rural schools, impacting over 400 youth.

Activity #2: Teen Night (now 6th Graders Night Out)

- ❖ Risk/Protective Factor(s): Bonding, Healthy Beliefs and Clear Standards, and Opportunities, Skills and Recognition.
- ❖ Description: Centralia Parks and Recreation and Thorbecke's Fitness Center, through a collaborative effort, hosted a once monthly two-hour program for 6th grade students. Participants could exercise,

swim, learn/play volleyball or other activities, dance, sing karaoke, play games, have snacks and win prizes.

- ❖ Outcome measures included:
 - Survey data: CTC Scales were administered as pre-tests.
- ❖ Process measures included:
 - 500 6th graders participated. Average monthly attendance was approximately 200.
 - Service clubs assisted in chaperoning. Social service agencies provided youth access to information on topics including HIV/AIDS and substance abuse.

Activity #3: Spring Youth Fair

- ❖ Risk/Protective Factor(s): Bonding to Family and Community.
- ❖ Description: Community Mobilization purchased tickets at a discount for the Spring Youth Fair, a community event targeted for youth.
- ❖ Process measures included:
 - 126 admission/carnival tickets were provided to high-risk families otherwise unable to participate in a community activity as a unit.
 - In-kind support: The Fairgrounds donated space for us to set up a booth for outreach activities.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

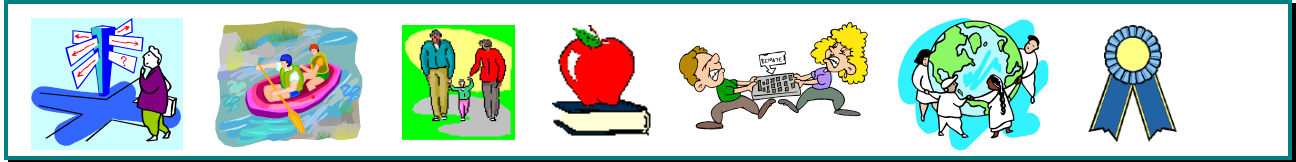
Lincoln County

Name of Program: Alcohol/Drug Center

Contact: Dan Pitman, Director

Phone: (509) 725-2111

Mission: Create a safe, healthy, drug and violence free community.



Activity #1: Christmas on the Hill

- ❖ Risk/Protective Factors: Favorable Attitudes Toward Drug Use, Favorable Attitudes Toward Anti-social Behavior, and Healthy Beliefs and Clear Standards.
- ❖ Description: Sponsored 11th annual Christmas on the Hill event, a fund-raising and prevention awareness event.
- ❖ Process measures included:
 - Raised over \$3,000 for local alcohol/drug free youth projects.

Activity #2: Summer Youth Programs

- ❖ Risk/Protective Factors: Favorable Attitudes Toward Drug Use, Favorable Attitudes Toward Anti-social Behavior, Social Skills, and Healthy Beliefs and Clear Standards.
- ❖ Description: Provided through WSU Cooperative Extension Office. Providing summer alcohol/drug free activities to all nine Lincoln County communities.
- ❖ Process measures included:
 - Served 1,000 Lincoln County participants

Activity #3: Ladies Survival Training

- ❖ Risk/Protective Factors: Anti-social Behavior, Social Skills, and Healthy Beliefs and Clear Standards.
- ❖ Description: Taught activities around keeping safe, risky behaviors, and avoiding dangerous situations, including the risks of alcohol/drug use.
- ❖ Process measures included:
 - Served 29 senior high school girls and other women.

Activity #4: The Venturing Program

- ❖ Risk/Protective Factors: Favorable Attitudes Toward Drug Use, Favorable Attitudes Toward Anti-social Behavior, Social Skills, and Healthy Beliefs and Clear Standards.
- ❖ Description: Connected local teens with law enforcement officers to build skills and engage them in activities as positive role models for other youth.
- ❖ Process measures included:
 - Ten youth aged 13-16 completed Academy Training.
 - Another five youth became recruits.
 - Each Venture Program participant completes a minimum of 16 hours of volunteer services each month.

Activity #5: Mini-Grants

- ❖ Risk/Protective Factors: Favorable Attitudes Toward Drug Use, Favorable Attitudes Toward Anti-social Behavior, Social Skills, and Healthy Beliefs and Clear Standards.
- ❖ Description: Provided funding to support a variety of local programs:
 - DARE which is taught in each of the Lincoln County Schools.
 - Substance abuse awareness brochures to Juvenile Court Services.
 - Teen-Time 4-H included many events specifically on prevention of alcohol/drug use.
 - Funds 2 communities to promote alcohol/drug free messages at school carnivals.
 - Funds to local schools to provide substance free alternative graduation night parties.
- ❖ Process measures included:
 - In one community over 85% of the graduates attended substance free graduation events.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Mason County

Name of Program: Community Mobilization

Contact Person: Julianna Miljour
Phone number: 360-427-9670 x 588

Mission Statement: Create healthy communities free of substance abuse and violence, one child at a time.



Activity #1: Smart Moves Program

- ❖ Risk/Protective Factor(s): Academic Failure in Elementary School, Friends Who Use, and Healthy Beliefs and Clear Standards.
- ❖ Description: The Boys and Girls Club of Mason County received financial support to provide the “Smart Moves” substance prevention program designed to increase awareness of the harmful effects of drug use by 50% among rural youth ages 12 and under by means of weekly meetings for six weeks conducted in four cycles, each designed to serve 20 youth per cycle and utilizes trained staff and volunteers
- ❖ Outcome measures included:
 - Based on a specialized pre-post testing survey measurement and participant records 70 youth successfully completed the program, resulting in an 80% of the participants increasing their awareness of the dangers of substance abuse and obtainment of skills toward self-efficacy and positive school and community involvement
 - Program instructors reported several of the students requested to remain in the program beyond completion.

Activity #2: English Second Language--Homework Room

- ❖ Risk/Protective Factor(s): Academic Failure, and Bonding with Positive Peer and Adult Role Models.
- ❖ Description: Mason County Literacy received financial support to provide the “ESL Homework” Program, which is designed to increase academic performance by 25% among limited English and bilingual youth ages 7-15. Achieved is measured by assessing the number of participants performing at, or above, grade level. The twice weekly after-school program utilized trained staff and tutors who offered participant support and recognition, and assessed the student's progress in the academic skills of reading, speaking, writing and listening.
- ❖ Outcome measures included: School records, pre-post reading, and math surveys. Oral reading documentation and recorded observations indicated that a minimum of 33% of the students served achieved grade level performance and demonstrated positive changes in attitudes and behaviors congruent with reduction of substance abuse and delinquency among the population served.

- ❖ Process measures included:
 - 88 youth were served aged 7-15 by trained adult and peer tutors. Adult and peer tutors aged 14 and older were recruited and trained by Mason County Literacy staff.

Activity #3 Community Coalition Building

- ❖ Prioritized Risk/Protective Factor(s): Low Neighborhood Attachment, Community Norms Favorable for Use, Opportunities/skills for Proactive Involvement.
- ❖ Description: Coordinated and facilitated community coalitions to increase youth, professional and citizen involvement in identifying local needs, prevention – intervention services, and science based programs that effectively reduce substance abuse and delinquency. Targeted for Mason County at-risk youth and their families.
- ❖ Outcome measures included: The CM inclusion scale surveys and participant records demonstrated:
 - Community members who participated during monthly coalition meetings had a higher awareness of the substance and violence problems impacting Mason County.
 - Community members participated in a cooperative, collaborative service approach and were more successful in their prevention – intervention efforts.
- ❖ Process measures included:
 - 6,308 youth and adult citizens of Mason County received community-based risk reduction services through schools. There was a direct increase in citizen awareness of the harm of substance abuse as measured by citizen reports of illegal methamphetamine activity and an increased number of youths and adults seeking and obtaining drug treatment.
 - 71 adults (representing 30+ departments), and 58 youth aged 14-20 provided drug prevention services

Activity #4: Intervention Counselor Services

- ❖ Prioritized Risk/Protective Factor(s): Academic failure.
- ❖ Description: On-site Intervention Counselor Services were provided at Mary M. Knight School District #311 to assist students and families to access available resources. The goal was to increase academic achievement as measured by student grades, attendance, and disciplinary records.
- ❖ Process measures included:
 - 126 people were served aged 6 to adult (96% students, 4% parents).

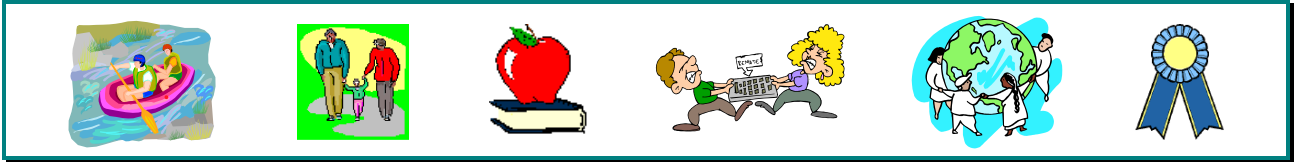
**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Okanogan County

Program: Okanogan County Drug Prevention/Traffic Safety

**Contact Person: Kerrie J. Gross
Phone Number: (509) 826-5096**

Mission Statement: To support healthy life choices within relationships and communities by encouraging decreased alcohol or drug use and improved traffic safety.



Activity #1: “Dragonslayers” Parenting for Safe and Drug-free Youth

- ❖ Risk /Protective Factor(s): Parental Attitudes Favorable to Problem Behavior, and Healthy Beliefs and Clear Standards.
- ❖ Description: Provided training to strengthen parents skills, attitudes, and abilities to successfully guide their children through their adolescent/teen years and effectively deal with poor behavior, irresponsibility, broken curfews, smoking, underage drinking, experimental drug use, and other undesired behaviors. The focus was on setting developmentally appropriate boundaries and standards. Eight videos were watched in four separate sessions, two hours each session. Members of a local S.A.F.T.Y.E. Club and Community Mobilization staff provide free daycare.
- ❖ Outcome measures included:
 - Survey data at post-test indicated participants showed a statistically significant decrease in the risk factors Children’s Involvement in Parental ATOD Use, Favorable Parental Attitudes Towards the Problem Behavior, and Low Perceived Risk of ATOD.
 - Teachers/Parents/Participants reported: Increased knowledge about ATOD’s use and abuse. They stated discipline and management skills were improved and they felt more confident to “take charge” of various issues with their children. Many participants noted communication with their children and spouse had improved from the time the class began.
- ❖ Process measures included
 - 12 Parents were served, ages 19 to 55.
 - The program is working with agencies, schools, organizations, and others to increase referrals. An increase in the number of referrals will be an indicator of success.

Activity #2: Community Mobilization

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable to Problem Behavior, Parental Attitudes Favorable to Problem Behavior, Early Initiation of Problem Behavior, Opportunities, Skills and Recognition, Bonding, and Healthy Beliefs and Clear Standards
- ❖ Description: The following are CM activities organized and/or were partially funded by CM, or CM made presentations:
 - Bike Safety/Rodeos, Parent Party Patrol Training, Okanogan County Fair, Interagency Consortium meetings, Interagency Leadership Council, and community meetings.
 - Phone calls were made to support and provide technical assistance to community groups and agencies.
- ❖ Outcome measures included:

- Violent crime arrests involving ATOD decreased to three times higher than the state average (in the past biennium, Okanogan County rated four times higher than the state average).
- Alcohol related crashes and fatalities were down 46% since 1996.
- There were no teenage fatalities (off the reservation) as a result of drinking and driving in 1999; previously Okanogan Co. had the highest rate in the state.
- ❖ Process measures included:
 - 552 graduating seniors received a graduation card with a drug-free message.
 - Over 1,000 anti-drug kits were put in the hands of county youth.
 - Over 2,000 people visited the fair booth and received information regarding ATOD use/abuse.
 - Over 300 youth and adults experienced the Fatal Vision Goggles.
 - 11,111 documented pieces of information were disseminated to community members
 - The CM Coordinator attended 341 meetings providing information to support ATOD projects.
 - Over 20,000 citizens received ATOD information through organized media efforts.
 - 191 community members received methamphetamine awareness training.

Activity #3: Youth Coalition Support

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable to the Problem Behavior, Early Initiation of the Problem Behavior, Opportunities, Skills and Recognition, Bonding, Belief in the Moral Order, and Healthy Beliefs and Standards.
- ❖ Description: Enhance social skills of adolescents by building group cohesion between youth for pro-social behavior. Increase exposure of youth to positive youth role models.
- ❖ Process measures included:
 - 13 middle school youth were trained in Red-Cross babysitting and then provided babysitting for parenting classes.
 - Lake Roosevelt High School SAFTYE Club received the "Club of the Year" Award at the State SAFTYE Conference in 1999 and 2000, and placed second at Nationals in 2000.
 - Over 1,279 youth and community members received information regarding ATOD from SAFTYE/Prevention Club members.
 - 1,788 school youth aged 9-11 viewed Prevention Puppet Presentations by Youth groups.
 - 36 youth organized and participated in the 5th Annual Drug-Free Youth Rally.
 - 741 middle school and high school youth attended a mock -crash and trial.
 - 1,600 youth attended the 6th Annual Drug-Free Youth Rally. Fifty youth organized the event.
 - There have been no youth fatalities as a result of alcohol related crashes during times of high celebration, the Prom, or graduation, since rallies have been taking place.

Activity #4: Fatal Vision Goggles

- ❖ Risk/Protective Factors: Early Initiation of Problem Behavior, Community Laws and Norms Favorable to Problem Behavior, Parental Attitudes Favorable to Problem Behavior, Healthy Beliefs and Clear Standards, Individual Characteristics, and Social Skills.
- ❖ Description: Increased awareness and knowledge of effects of alcohol on the brain and how it impairs ones ability to drive. Court referred DUI offenders, youth with MIP's, negligent driving offenders, community members and driver's education students experienced first hand what it is like to be impaired while driving by wearing the goggles. The goggles simulated impairment from .08 up to a .20 BAC level. Slides of local crashes were presented along with the information.
- ❖ Outcome measures included:
 - 624 court referred participants showed increased awareness after the presentations
 - Pre and post tests indicated that 47% of driver's education students showed increased awareness of the dangers of driving under the influence of alcohol.
- ❖ Process measures included:
 - 307 youth participated in wearing the goggles during driver's education classes.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Pacific County

Name of Program: Pacific County Community Mobilization

Contact Person: Kevin Beck
Phone number: (360) 875-9343

Mission Statement: To identify and promote successful family, school and community efforts that reduce the use of alcohol, tobacco, and other drugs.



Activity #1: After School Activities

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, and Community Laws and Norms Favorable to the Problem Behavior.
- ❖ Description: Available in the three north county school districts, the ASA Program offered youth aged seven through fourteen an opportunity to interact with pro-social adults and peers, and learn skills in a safe, supportive environment. The program built participant skills through recreational projects, homework assistance, and programs based on the participants' interests.
- ❖ Outcome measures included:
 - Survey data: Increased commitment to school was demonstrated.
- ❖ Process measures included:
 - There were 80 people served aged 7 to 14.
 - 12 volunteers were involved in the activity, and provided 90 volunteer hours.
 - Other in-kind support included: USDA snacks were provided daily.

Activity #2: I'm Special Program

- ❖ Prioritized Risk/Protective Factor(s): Early Initiation of the Problem Behavior.
- ❖ Description: The program was designed to reduce or delay the onset of student use of illegal substances. "I'm Special" promoted enhanced student sense of uniqueness and self-worth, while improving group cooperation and decision-making skills.
- ❖ Outcome measures included
 - Survey data: Increased self-worth was reflected.
- ❖ Process measures included:
 - 65 people were served aged 8 to 11.
 - Two volunteers were involved in the activity.

Activity #3: Promoting Alternative Thinking Strategies (PATHS)

- ❖ Risk/Protective Factor(s): Early Initiation of the Problem Behavior, and Community Laws and Norms Favorable to the Problem Behavior.
- ❖ Description: PATHS was implemented in each 5th grade classroom county-wide. This highly interactive, 20 week model included three major units dealing with:
 - Feelings and relationships, where students learned about emotional and interpersonal understanding.
 - Interpersonal cognitive problem-solving.
 - Self control and readiness, in which students were taught self-control, effective awareness and communication, and beginning problem-solving techniques.
- ❖ Process measures included:
 - 250 people were served aged 11 to 12.
 - In-kind support included: classroom time, space and support.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

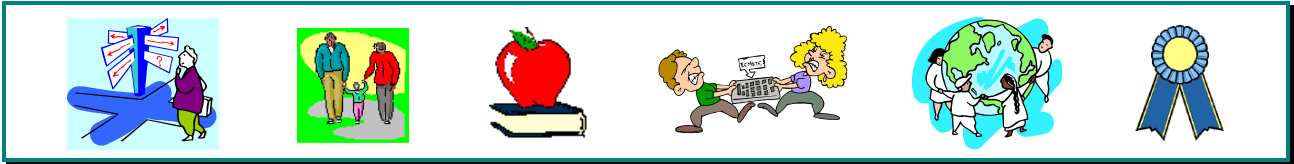
Pend Oreille County

Name of Program: Special Delivery Services

Contact Person: Emilie Lydon

Phone Number: (509) 447-5651

Mission Statement: To provide students with an opportunity for creative self-expression, and to promote healthy activities instead of Substance Abuse.



Activity #1: Pregnancy Support Center

- ❖ Risk/Protective Factor(s): Family Management Problems, Community Laws Favorable to Drug Use, and Healthy Beliefs and Clear Standards
- ❖ Description: This Pregnancy Support Center was established to help women accomplish a healthy pregnancy. They can then, in return, establish a loving connection with their baby. The Center assisted support groups, home visits, and mentoring, and provided a storefront where mothers (and fathers) received baby and maternity items and equipment at no cost. Volunteers operated the Center.
- ❖ Process measures included:
 - 400 people were served aged 13 to 40 (including drop outs, homeless, runaways, youth in juvenile detention, and pregnant and parent Teens).
 - Over 40 volunteers from the community provided over 2,500 hours.
 - In-kind support: Unlimited hours come from the volunteers, funding, items, equipment, etc.

Activity #2: Sadie Halstead Art Program

- ❖ Risk/Protective Factor(s): Favorable Attitudes toward Drug Use, and Bonding Opportunities, Skills and Recognition.
- ❖ Description: An art class was held two days a week for 1 ½ hours each day. A local artist planned projects and taught specific skills and techniques for developing visual perception and inner awareness instructed the class. High risk Students practiced social skills by participating in regular critique sessions. The students must have shown an interest in art and were referred by the principal.
- ❖ Process measures included:
 - Five youth were served aged 12 to 14 (drop outs, homeless, runaways, youth in juvenile detention, and pregnant and parent teens).
 - In-Kind support: The school district provided paper and art supplies, and space in the school library.

Activity #3: Skate Park

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Drug Use, Opportunities, Skills and Recognition, and Social Skills.
- ❖ Description: A group of academic-deficient youth initiated the idea of a Skate Park. They formed a core group that would pursue professional mentors to donate time, skills, equipment, etc., to establish the skateboard and rollerblading park.
- ❖ Outcome measures included
 - Credit hours were earned upon completion of the project.
- ❖ Process measures included:
 - Eight youth were served aged 16 to 19 (drop outs, homeless, runaways, youth in juvenile detention, and pregnant and parent teens).
 - Volunteers: 30-50 community members volunteered, providing 2,300 volunteer hours.
 - In-Kind support: Donations came from individual community members, JTPA funding, the City of Newport donated land and excavation, and local business donated services.
 - \$50,000 was raised by youth, and \$54,000 was donated in labor, materials, and equipment.

Activity #4: Pend Oreille Valley Youth Activity

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment, Transitions and Mobility, Friends who Engage in Problem Behavior, Healthy Beliefs and Clear Standards, Bonding, Social Skills, and Belief in the Moral Order
- ❖ Description: This group met weekly to hear speakers and religious leaders talk about issues they were dealing with at home and in their schools and community. Part of this groups function was to create peer mentoring and family involvement. They held cook-outs and camp-outs, sports, and other activities.
- ❖ Process measures included:
 - 90 youth were served aged 5 to 19 (dropouts, homeless, runaways, youth in juvenile detention, and pregnant and parent teens).
 - Volunteers: 4-10 Members of the local Tribe and Community provided approximately 50 volunteer hours.
 - In-Kind support: Equipment, materials, and time.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Pierce County

Name of Program: Safe Streets Campaign

Contact Persons: Alisa O'Hanlon, Jurley Paddock

Phone number: (253) 272-6824

Mission Statement: The Safe Streets Campaign is a resource to mobilize individuals, families, community, and organizations to reduce and prevent illegal drug and gang activity and associated violence.



Activity #1: Block Organizing

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization, and Opportunities for Involvement.
- ❖ Description: Residents volunteered to organize into units called block groups. A leader, co-leader, and three section leaders were designated for each group. Members formed phone trees to share information and report information to enforcement agencies (police, health, child protective services, buildings and maintenance). Residents were educated about the harmful effects of drugs and drug manufacturing, how to increase protective factors in a community, how to organize, vital resources and how to access them, and how to build an action plan. Work plans for each group were developed. The Safe Streets Community Mobilization Specialist facilitated community involvement in the development and implementation of the work plan that included project goals, tasks, assignments of responsibility, and timelines for completion.
- ❖ Outcome measures included:
 - Increased community participation, involvement, and leadership.
 - In Tacoma, block leader Kathy Gruber led her neighborhood in closing down three drug houses.
 - In Lakewood, traffic problems were addressed and solved. For examples, a Neighborhood Association pushed through a three-way stop sign at a very dangerous intersection and was placed on the waiting list for a traffic light.
- ❖ Process measures included:
 - 64,795 community members participated in block meetings and other activities in Pierce County to reduce illegal drugs and violence in their neighborhoods. Of this attendance, 9,375 were new people who joined the campaign for safe streets for the first time.

Activity #2: Residents Develop Action Work Plans and Report Illegal Activity

- ❖ Risk/Protective Factor(s): Availability of Drugs, Opportunities for Involvement, and Positive Bonds.
- ❖ Description: Community members documented and reported illegal activity. Following eradication of illegal activity, members formed an action plan to reclaim the area, and maintained the reclamation.
- ❖ Outcome measures included:
 - Decreased community tolerance of drugs, gangs, and associated violence.
- ❖ Process measures included:
 - 28 drug arrests were made in Lakewood in a two-month period (November and December 2000), as a result of information gathered from the drug-tip hotline.

Activity #3: Gig Harbor Key Peninsula Mobilization and FACT (Families and Communities Together) Coalition

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization.

- ❖ Description: Educated and organized the residents of the Gig Harbor/Key Peninsula area to address issues of drugs and violence. Worked to increase communication between citizens and law enforcement. Community members attended steering committee meetings to direct future activities and made donations to ensure continuance of the program. Leadership was developed in community members through training, organizing and maintaining block groups, and preparing for leadership meetings. Meetings were held at the request of community members and were followed up until the group could function on its own without a CM staff facilitator.
- ❖ Outcome measures included:
 - Participant Reports: Community participants indicated they learned a lot about drugs and/or violence in the community. Representatives from local agencies and community members worked together in collaboration, committing time and other resources to shared projects.
 - Built and Maintained Organized Blocks: Follow-up meetings were held to help block groups reach independence. Once strong leadership was in place, the block group functioned on its own. Phone trees and work plans were updated as necessary.
 - Coalition Meetings: Sustained attendance at coalition meetings and development of a collaboration where resources were committed was a sign of strong cohesion among agencies to reach specific goals. New members were solicited for the coalition to build and maintain relationships with residents of the community and other agencies.
 - Community Leadership Training: Training was conducted to develop leadership skills in community members and block leaders.
 - COPS Meeting: Community members and law enforcement got together to learn how to better work together. Community members were educated about when to call 911, and how calls were prioritized. They also received education about illicit drugs, particularly methamphetamine.
 - Agency collaboration and coordination of services, and cohesion among community groups, helped to ensure the success of proposed activities and programs. This was done through education of agency representatives, and community members were educated in techniques to build strong collaborative partnerships between individuals and agencies. Collaboration was a good sign of cohesion among agencies and individuals. New members were solicited for the coalition to increase and maintain relationships with community members and local agencies.
 - Steering Committee Meetings: Consistent attendance at steering committee meetings indicated a strong commitment to developing a working collaborative coalition.
- ❖ Process measures included:
 - 680 citizens received training and participated in organizing activities. Average attendance was 68.
 - 910 community members participated in block meetings to reduce illegal drugs and violence in their neighborhoods. Average attendance at these meetings was 26-32 at new group meetings and 19-21 at follow-up meetings.
 - 92 community members attended regular monthly coalition meetings with an average attendance of 13 regular attendees per meeting.
 - A total of 356 new community leaders were developed through block meetings and leadership training.
 - 350 youth up to age 18 were provided with opportunities to participate in community events. An average of 175 youth was informed about the development of coalitions responding to the issues of drugs and violence at each event.
 - 48 partnerships were built and/or maintained at advisory and board of directors meetings. An average of seven people attended each partnership meeting to collaborate with agencies, build and maintain partnerships, and collaborate with law enforcement.
 - Block leaders volunteered their time at block meetings and leadership training for a total of 746 volunteer hours. Additional time was spent recruiting participants and preparing for meetings.
 - In kind: Community members provided office space (at a cost of \$1,200) and a computer, software and printer (valued at \$1,000).

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

San Juan County

Name of Program: San Juan County Community Mobilization

Contact Person: Sally Conley
Phone: (360) 378-4474

Mission Statement: To foster safe and healthy families and community life and to create a drug-and violence-free community through participation of caring citizens who work together on priorities which reflect local community values and who create integrated and flexible programs and activities for children, youths, and families.



Activity #1: Primary/Preschool Intervention (PIP) Programs

- ❖ Risk/Protective Factor(s): Early Initiation; Family Management/Family Conflict, and Positive Intergenerational Bonding.
- ❖ Description: Provided one-to-one child directed play to children aged three to eight years old who were at risk for early school failure for a variety of reasons. This school-based program addressed the needs of individual children.
- ❖ Outcome measures included:
 - The first few weeks of school were spent getting to know the children and observing their behaviors and interactions. The teaching staff completed an Anger, Mood and Learning (AML) screening tool on each of the targeted children.
 - Survey data: According to PIP national standards, any child who improved in four (4) or more areas made significant gains overall. 93% of the children served by the PIP programs showed significant overall progress in the areas of original referral.
 - Teachers/Parents/Participants reported: Each PIP child was evaluated with a pre-post Teacher-Child Rating Scale (TCRS). This is a screening tool used in all PIP programs in Washington State and across the country. The TCRS evaluates every child in seven (7) areas: acting out, shy/anxious, learning frustration tolerance, assertive social skills, task orientation, and peer social skills. These areas are of impact to both current and future success in school.
- ❖ Process measures included:
 - 88 people were served aged 3 to 8. An additional 128 people were served as caregivers and were part of the PIP program through parent conferences, some individual counseling, parent education classes, and/or through the provision of other services. Their ages ranged from 23 to 48.
 - 16 volunteers were involved in the activity, providing 822 volunteer hours.
 - In-kind support: staff salaries, supplies, equipment/repairs, and space/supplies.

Activity #2: Middle School Girls Group

- ❖ Risk/Protective Factor(s): Early Initiation of the Problem Behavior, Family Management/ Family Conflict, Friends Who Engage in Problem Behaviors, Healthy Beliefs and Clear Standards, and Opportunities for Community Involvement.
- ❖ Description: This group was established to provide the middle-school-aged girls in the community with the opportunity to gather outside of the school environment in a recreational/motivational setting. Experiences were created that would strengthen their sense of themselves and what their possibilities as young women in this world were, as well as fostering healthy, respectful relationships with each other.
- ❖ Outcome measures included:
 - Attendance was at a 100% participation level.
 - Survey data: the girls met in two groups, the 6th graders on one day and the 7th graders on another. The groups provided opportunities for building skills in leadership, decision-making, conflict resolution, and working in groups. The skills learned will enhance the prevention of at-risk behaviors in these pre-adolescent and adolescent young women.
 - Teachers/Parents/Participants reported: Group leader observations were reported back to the program director along with participant self-reports. All Participants reported increased self-esteem and personal empowerment. Both Teachers and Parents reported the participants exhibited an increase in positive behaviors and a decrease in problem behaviors and family conflict.
- ❖ Process measures included:
 - 26 people were served aged 12 to 14.
 - Four volunteers were involved in the activity, providing 48 volunteer hours.
 - In-kind support: staff salaries, supplies, space, and donations.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Skagit County

Name of Program: Skagit Prevention Council

Contact Person: Karen Peterka

Phone number: (360) 424-7790

Mission Statement: To provide alternatives to substance abuse through reinforcement and support of local community efforts. We will serve as an information clearinghouse and coordinate county-wide substance abuse prevention and alternative activities.



Activity #1: Upper Skagit Youth Group and Substance Free Celebrations

- ❖ Risk/Protective Factor(s): Parental Attitudes and Involvement, Opportunities, Skills and Recognition; and Friends use of ATOD.
- ❖ Description: Provided alternative activities during high-risk times for youth. Activities included fundraisers and social events. Youth group met weekly and provided training for at-risk youth in leadership, social and communication skills, group dynamics, and organizational and planning skills. Sober holiday celebrations for the entire tribe provided activities for families.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants reported: The youth group proved to be successful through continued dedication and participation of the youth.
- ❖ Process measures included:
 - 148 people were served aged infant to adult.
 - Ten volunteers were involved in the activity, providing 97 volunteer hours.

Activity #2: Burlington –Edison Community Parenting Network and Prevention Activities

- ❖ Risk/Protective Factor(s): Parental Attitudes and Involvement, Healthy Beliefs and Clear Standards, and Opportunities, Skills and Recognition.
- ❖ Description: The BECPN gathered many parent, community, school and youth signatures on commitment forms to pledge to actively chaperone ATOD and violence free activities, be positive role models, follow and support appropriate rules; and actively communicate with other adults. This was an annually published directory, which included a community resource section. The BECPN provided open gym activities and brought in speakers to address school safety issues with parents and staff. “It’s ok to Narc for school safety” for students.
- ❖ Outcome measures included:
 - Parents reported: Parents used the directory as a tool when their child was invited to a party/social event and to make contact with other parents. The directory was also used for information about the school district help line, social service agencies, and parenting tips and info. Parents reported they felt their children were in a safe, supervised activity.
 - Teachers reported: Safety sessions helped each school to better adapt and implement plans for intruder contacts and campus lockdowns. Parents and Community received invaluable training on “Personal Safety.”
- ❖ Process measures included:
 - Parenting Directory - Over 500 families were served aged five to adult.
 - Safety Seminar – Over 400 people were served aged 12 to adult.
 - Open gym served approximately 80 youth per week aged 12 to 18.
 - 18 volunteers were involved in the activity and provided over 200 volunteer hours.

- In-kind support: the school district provided secretarial support, copy machines, commitment forms for 3,500 students, and meeting space, free of charge. The city of Burlington Parks Department and Parenting Network shared salaries for open gym.

Activity #3: Youth Appreciation Day 2001

- ❖ Risk/Protective Factor(s): Opportunities, Skills and Recognition.
- ❖ Description: During spring break a celebration recognized youth and provided them with healthy activities. It included resources, activities and special programs, mentoring, and a free lunch.
- ❖ Outcome measures included:
 - Survey data: Participants evaluated the event. Students stamped passports at each activity, which had risk/protective factor/prevention information. T-shirts were given for completed passports.
- ❖ Process measures included:
 - 350 people were served aged 10 to 13.
 - Twelve volunteers were involved from planning to end of event, providing 25 volunteer hours.
 - In-kind support: food, t-shirts, money from service clubs and the business community, printing, and use of a facility (Mount Vernon School District).

Activity #4: Graduation Night Activity and Family Heritage Day Event

- ❖ Prioritized Risk/Protective Factor(s): Opportunities, Skills, and Recognition, Healthy Beliefs and Clear Standards, and Bonding.
- ❖ Description: A portion of the bus fee was funded to transport seniors to their graduation night activity/party. A portion of costs was provided to put on a Mother's Day celebration for Hispanic families.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants reported: The graduation event was successful with no incidents of ATOD use or injuries. The Mother's Day celebration was well attended and included a break dancing demo, educational skits, singers, dancers, poetry readings, a family dinner, and a dance.
- ❖ Process measures included:
 - Graduation event - 130 people were served aged 17 to 18.
 - Hispanic Mother's Day celebration – 500 people were served aged infant to adult.
 - Graduation - 15 volunteers were involved, from planning to end of event, providing 120 hours.
 - Hispanic Mother's Day – 17 volunteers provided 1,000 volunteer hours.
 - In-kind support: grad night - parents and service groups; Mother's Day celebration – Skagit Valley College facility, flowers for mothers, food, and entertainment groups.

Activity #5: North Cascades Health Council (in Sedro-Woolley) Prevention Activities

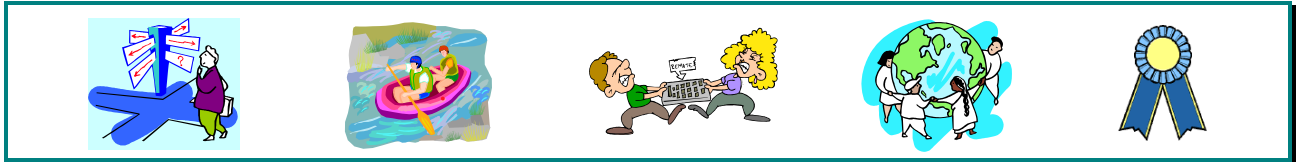
- ❖ Risk/Protective Factor(s): Parental Attitudes and Involvement, Opportunities, Skills and Recognition, and Friends use of ATOD.
- ❖ Description: Provided activities, educational information, and support for community prevention activities, including:
 - AIDs education at Middle and High Schools;
 - Skagit Kids Against Drug Use support – t-shirts, food, supplies; parenting classes
 - Developing Capable People and Systematic Training for Effective Parenting
 - Provided support for Youth Basketball Camp
 - Family fun activities at community events such as Logger Rodeo, Founder's Day, Blast to the Past, etc. and
 - Classroom materials for drug alcohol counselors and alternative school education program needs.
- ❖ Outcome measures included:
 - Teachers/Parents/Participants reported: well received. Educational and very helpful.
- ❖ Process measures included:
 - 2769 people served aged baby to adult.
 - 28 volunteers were involved, providing 84 volunteer hours.
 - In-kind support: United Way cash, food, Sedro-Woolley Kiwanis cash and volunteers.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Skamania County

Name of Program: Skamania Substance Abuse Prevention **Contact Person:** Susie Strom
Phone number: (509) 427-9490

Mission Statement: Provide a healthy environment in which to enrich students. Provide substance abuse prevention through a resiliency model stressing developmental coping skills.



Activity #1: Theatrical Performance of Percival the Performing Pig

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment, Family Conflict, Opportunities, Skills and Recognition, and Social Skills.
- ❖ Description: Students practiced for four weeks and performed their play two times for parents, school students and community members. The local paper published pictures of the performance.
- ❖ Outcome measures included:
 - Teachers reported: Students who participated increased reading skills by approximately one-quarter of a grade. Approximately 50% of participants who were in grades 1 and 2 became more proficient in identifying and using high frequency words.
- ❖ Process measures included:
 - 14 people were served aged 6 to 11.
 - Four volunteers were involved in the activity, providing 12 volunteer hours.
 - In-kind support: the school district provided space, copying, phone services and video taping. Community members provided costumes and props. Parents provided snacks.

Activity #2: Reading for Miles/Projects and Homework Assistance

- ❖ Risk/Protective Factor(s): Opportunities, Skills and Recognition.
- ❖ Description: Students met two times weekly for four weeks. Students received help with homework, a school project or reading. After successful completion, students could participate in an arts and crafts activity or gym games.
- ❖ Outcome measures included:
 - Teachers Reported: Participants increased their “turn in rate” of homework by an average of 25%. There was an increase in reading level for younger students. Parents expressed appreciation for the homework assistance. The kids reported having fun in the activity portion of the program.
- ❖ Process measures included:
 - 28 people were served aged 6 to 12.
 - Six volunteers were involved in the activity, providing 28 volunteer hours.
 - In-kind: use of school, school supplies, copying services, and athletic equipment.

Activity #3: TAP Climbing Wall

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment, and Community Disorganization.
- ❖ Description: Climbing wall supervisors/experts provided training to participants. A correlation was made between this activity and real life. Participants received one-on-one supervision from a trainer.

- ❖ Outcome measures included:
 - Teachers/Parents reported: Participants' attitudes toward difficult tasks changed. Participants were able to "use" skills taught to face everyday problems.
 - Participants reported being very satisfied with the climbing wall, the instruction and instructor.
- ❖ Process measures included:
 - 15 people were served aged 16 to 18.
 - In-kind support: Stevenson School District donated space to erect a certified climbing wall.

Activity #4: Self-Defense Classes

- ❖ Risk/Protective Factor(s): Opportunities, Skills and Recognition.
- ❖ Description: Female participants received self-defense classes from a certified self defense instructor. Participants learned how to protect themselves, get away from someone if needed, and how to get help in this type of situation.
- ❖ Outcome measures included:
 - Participants reported receiving valuable information to help keep them safe.
 - The instructor reported the group was very receptive and active.
- ❖ Process measures included:
 - Six people were served aged 16 to 18.
 - In-kind support: Skamania County donated use of the Rock Creek Recreation Area.

Activity #5: Winter Sports/Winter Survival

- ❖ Risk/Protective Factor(s): Opportunities Skills and Recognition.
- ❖ Description: Provided participants opportunities to receive instruction in outdoor winter sports and winter survival. Opportunities were afforded participants to practice skills learned.
- ❖ Outcome measures included:
 - Participants reported enjoying the instruction and opportunities to practice skills.
 - Teachers reported having serious participants who they felt greatly benefited from the activities.
- ❖ Process measures included:
 - 24 people were served aged 15 to 19.
 - Six volunteers were involved in the activity, providing 72 volunteer hours.

Activity #6: Community Service

- ❖ Risk/Protective Factor(s): Bonding to Community and School.
- ❖ Description: Participants visited nursing homes, planted flowers, and exchanged letters and photos with nursing home residents. Students participated in activities sensitizing them to what living in a nursing home might be like. Youth planted seedlings for the Underwood Conservation District. Students saw the impacts their choices made on their community, and expressed interest in showing their own children the trees they planted in 2001. Social and self-management skills were taught, and strong positive relationships with healthy adults were provided.
- ❖ Outcome measures included:
 - Teachers reported improvement in anger control, cooperation and attachment to school. Some students sought out adult leaders for advise and support and most clearly stated how much the experience helped them. School Attendance improved for some students.
- ❖ Process measures included:
 - 18 people were served aged 10 to 12.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Snohomish County

Name of Program: Community Mobilization

Contact Person: Carolyn G. Allendoerfer
Phone Number: (360)-654-2001

Mission Statement: The mission of the Snohomish County Community Mobilization Program is to bring Snohomish County communities together to integrate and align their resources to more effectively address the needs of children, youth, and their families.



Activity #1: Healthy Communities Non-Violence Committee Community Dinner

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment, Community Disorganization, Family Conflict, Community Opportunities for Pro-social Involvement, and Family Opportunities for Positive Involvement.
- ❖ Description: The Non-Violence Committee partnered with the Everett Housing Authority and the South Everett Youth and Community Center to engage the Northeast and South Everett communities to put on dinners each month for their communities. Each group chose to prepare food that represented the cultural heritage of their communities and served a different ethnic food each month. In addition to the meals, the events included resource tables, a puppet program designed around various topics affecting youth, and information specifically related to violence and substance abuse prevention.
- ❖ Outcome measures included:
 - Survey Data: The survey for South Everett was a social cohesion survey provided by the UW School of Social Work. Results showed participant awareness was raised about the neighborhood they lived in, by program's end fewer people felt their neighborhood was a safe place; fewer people felt they could trust or count on their neighbors. Results showed that this was a new experience for 86% of those attending, 95% felt the events strengthened their community, and 97% would like this type of event to occur next year.
 - Another survey had these results: 82% gained information about resources, 79% would like to continue to do things with the people they met, and 91% met new neighbors.
- ❖ Process measures included:
 - Over 700 people were served aged newborn to 90.
 - 35 volunteers were involved in the activity providing 225 volunteer hours.
 - In-kind support: McDonald's, Alfy's Pizza, Everett Housing Authority, Snohomish County Human Services staff, South Everett Youth and Community Center.

Activity #2: ASAP – After School Activities Program

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Opportunities, Skills, and Recognition, Bonding to School and Peers, and Healthy Beliefs and Clear Standards.
- ❖ Description: The Marysville Parks and Recreation Department provided this after-school program to the students of Marysville Middle School. The after school activities ran daily from October through May and averaged 75 students per day.
- ❖ Outcome measures included:
 - Surveys showed: Youth felt the staff cared about them and made them feel important, some youth did not feel the other youth cared about them, all of the youth felt safe, and over 50% felt safer when attending ASAP than elsewhere.
- ❖ Process measures included:
 - 381 students aged 10-15 were enrolled in the program.
 - 15 volunteers were involved providing 273 volunteer hours.
 - In-kind support: the Marysville School District, the Marysville Middle School drug and alcohol counselor, the Marysville Police Department, and the Marysville City Council.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Spokane County

Name of Program: Greater Spokane Substance Abuse Council

Contact Person: Linda J. Thompson

Phone number: (509)922-8383

Mission Statement: The Greater Spokane Abuse Council (GSSAC) encourages, facilitates, initiates, and assists all people, groups, and organizations in finding solutions to alcohol, tobacco, and other drug abuse.



Activity #1: School Based Mentoring Program

- ❖ Risk/Protective Factor(s): Alienation, Rebelliousness and Lack of Bonding to Society, Early and Persistent Anti-Social Behavior, and Bonding.
- ❖ Description: Volunteer mentors are matched to children to provide social and academic mentoring.
- ❖ Outcome measures included:
 - Improve academic skills, appropriate behavior and interactions with peers by one level based on teacher evaluations.
 - Teachers/Parents/Participants reported: Improved overall behavior, increased academic standings and a decline in disciplinary problems.
- ❖ Process measures included:
 - 318 matches were made for students aged first through sixth grade.
 - 318 volunteers were involved in the activity between 10/2000 through 6/2001, providing 6,400 volunteer hours.
 - In-kind support: additional funds from Big Brothers/Big Sisters operational budget and a Washington State Americorps Worker. Seventy-five local businesses provided volunteer mentors.

Activity #2: Effective Black Parenting Program

- ❖ Risk/Protective Factor(s): Family History of High Risk Behavior, Favorable Parental Attitudes, and Opportunities, Skills, and Recognition.
- ❖ Description: Provided parents with alternative means of discipline, meaningful parenting skills, and family management skills in conflict resolution.
- ❖ Outcome measures included:
 - Improved family management skills, appropriate behavior and interactions with children in disciplinary situations, and parental role playing observation.
 - Expected Outcome: For parents to complete the training with valuable parenting skills.
 - Teachers/Parents/Participants reported: Increased family management skills being used in the homes, increased confidence as a parent, and a reduction in disciplinary problems within the family and at school.
- ❖ Process measures included:
 - 26 participants completed the program, both parents and children.
 - Two staff were involved, providing 360 hours.
 - In-kind support: local churches referred participants, transportation was provided by the community center, some food was donated. *African American Voice* donated ad space for the program.

Activity #3: Youth Community and Development Program

- ❖ Risk/Protective Factor(s): Alienation, Rebelliousness and Lack of Bonding to Society, and Bonding.

- ❖ Description: Provided access to street youth to the Spokane School District 81 Onsite School, Independent Living Classes, Young Mothers Support Group, Young Women's Group, Young Men's Group, Conflict Resolution and Mediation Training, and Art and Poetry Workshops. Recreational Activities were provided to give youth the skills and motivation to adopt healthy lifestyle choices such as high school graduation, employment, and drug- and violence-free lifestyles.
- ❖ Outcome measures included:
 - Improve positive attitudes including a connection/commitment to others.
 - Teachers/Parents/Participants report: Improved overall behavior, commitments, and decline in disciplinary problems.
- ❖ Process measures included:
 - 499 Street youth received services.
 - 20 staff and volunteers were involved, providing 213 direct service hours.
 - In-kind support: widespread community support and donations.

Activity #4: REACT (Reality Education and Choice Training)

- ❖ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Favorable Attitude Toward Problem Behavior, and Healthy Beliefs and Clear Standards.
- ❖ Description: Provided community training for youth and families concerning the consequences of choices around substance abuse and violence issues.
- ❖ Outcome measures included:
 - Increased resiliency among youth to choose not to use. Reduced number of adult impaired drivers on the road as a result of the DUI Victims Panel presentations.
 - Teachers/Parents/Participants reported: Evaluations reflected commitment by parents/ guardians to support positive choices with healthy beliefs and clear standards, as taught in the trainings.
- ❖ Process measures included:
 - 3,970 participants received training in REACT program presentations.
 - 2,138 court ordered offenders attended the Spokane County DUI Victims Panel.
 - 25 staff and volunteers were involved, providing 122 trainings with 239 delivery hours and 685 hours of prep time.
 - In-kind support: local law enforcement volunteer hours, MADD volunteers, Traffic Safety Commissions, university interns, youth volunteers, Washington State Liquor Control Board, school personnel, local driver's ed companies, and the clearinghouse.

Activity #5: Community Mobilizing

- ❖ Risk/Protective Factor(s): Community Laws and Norms Favorable Toward Use, Availability of Drugs, Media portrayals of Violence, and Community Organizing Activities.
- ❖ Description: Promoted substance abuse and violence prevention in Spokane County by providing linkages to community resources including GSSAC's Prevention Center, while advocating for community norms supportive of prevention.
- ❖ Outcome measures included:
 - Enhanced community norms for prevention and no use messages, increased numbers of youth choosing not to use, parents involved in supporting prevention, and a decrease in the number of businesses selling alcohol and tobacco to minors.
 - Survey data indicated: status of community response to be reported anecdotally. Numbers of participants and results from Washington Liquor Control Board and Health District will be totaled.
- ❖ Process measures included:
 - 1,700 people participated in task meetings, community meetings, and forums throughout county.
 - Eight staff and volunteers were involved, providing 1,248 service delivery hours.
 - In-kind support: seventy community partners were involved in the Task Force, program delivery, and connections with organizations throughout the county.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Stevens County

Name of Program: Substance Abuse Coalition

Contact Person: Tom Lawver
Phone number: (509)684-6992

Mission Statement: Create a safe, healthy, drug and violence free community.



Activity #1: DUI Victims Panel

- ❖ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms, and Crime, and Healthy Beliefs and Clear Standards.
- ❖ Description: The program purpose is to establish a self-supporting DUI Victims Impact Panel in Stevens County, with input from respective agencies including: Stevens County Substance Abuse Coalition (SCSAC), MADD, community members, law enforcement, court services, counseling services, attorneys, participating panel members, and referred participant offenders.
- ❖ Outcome measures included:
 - Survey data: developed Program Survey, Multiple Topics.
 - Participant Satisfaction Tool, Focus/Key Informant Findings, Program Documentation.
- ❖ Process measures included:
 - 415 people were served aged 19 to 65.
 - 45 volunteers were involved in the activity from SCSAC, MADD, community members, law enforcement, court services, counseling services, attorneys, participating panel members, and referred participant offenders, providing 200 volunteer hours.
 - In-kind support: materials at \$600, and technical assistance at \$800.

Activity #2: County Needs Assessment

- ❖ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Firearms, and Crime, and Community Organizing.
- ❖ Description: The program's purpose was to plan, implement, and evaluate a collaborative needs assessment process within Stevens County, using a variety of agencies, groups, programs, key informants, parents, and youths. The results reflected the diversity of the county within the prioritized risk and protective factors, based on an analysis of the then-current data concerning alcohol, tobacco, and other drug abuse and violence within the county, and related issues.

Outcome measures included:

- Collaborative Needs Assessment Report was based on Stevens County Substance Abuse Coalition Risk and Protective Factor Ranking Instrument, ABH Survey and Key Informants, DASA County Profile, and the Collaborative Needs Assessment Report.

❖ Process measures included:

- 168 people were served aged 16 to 65+.
- 168 volunteers were involved from SCSAC, Stevens County Community Services and Division of Alcohol and Substance Abuse, law enforcement, juvenile court/probation, child/family services, youth/family network, health district, Spokane Tribe, ESD 101, school districts (5), parents, youth, seniors, and other community persons, providing 130 volunteer hours.
- In-kind support: estimated materials at \$400, technical assistance at \$600, and facilities at \$300.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

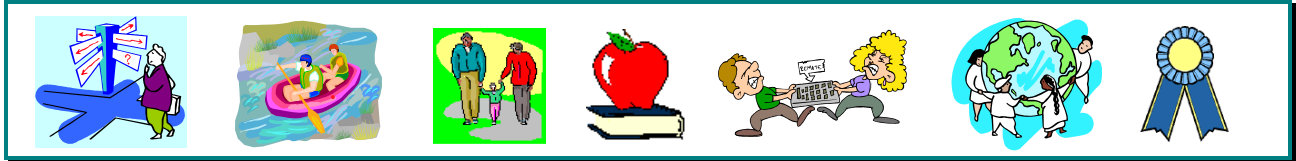
Thurston County

Name of Program: TOGETHER!

Contact Person: Earlyse Swift

Phone Number: 360-493-2230 x 17

Mission Statement: Motivate community commitment to the health and safety of our youth.



Activity #1: Kids' Place

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Academic Failure, and Friends Who Engage in Problem Behavior.
- ❖ Description: Served 50 first- through fifth-grade children who were referred by Rochester School District teachers or school counselors. Kids' Place provided safe and structured after-school and summer programs four days each week in Rochester. The program emphasized academic success, pro-social behavior, drug/alcohol resistance, self-esteem building, and resolving conflict in non-violent ways.
- ❖ Outcome measures included:
 - Standardized Reading Test: 82% of Kids' Place participants who began the year reading below grade level ended the year at or above grade level.
- ❖ Process measures included:
 - 88 elementary school students participated in Kids' Place.
 - 219 parents participated in parenting classes, and family nights.

Activity #2: Citizen-Based Coalitions

- ❖ Risk/Protective Factor(s): Low Neighborhood Attachment and Community Disorganization; and Community Laws and Norms Favorable toward Drug Use.
- ❖ Description: Provided technical assistance and support to citizen-based coalitions in Rochester, Tenino, Tumwater, Olympia, and Lacey. Assisted with needs assessments, development of action plans, and implementation of activities. Helped increase citizen awareness of youth violence, and alcohol, tobacco, and illicit drug use.
- ❖ Outcome measures included:
 - Participation records: 63 local leaders became involved in local efforts to reduce youth violence, and alcohol, tobacco, and illicit drug use in their communities.
 - Participation records: 15-20 high-risk teens developed skills in organizing activities and communicating with members of the local police department.

- ❖ Process measures included:
 - 5,840 youth participated in local coalition-sponsored activities.
 - 2,391 adults participated in local coalition-sponsored activities.
 - 413 volunteers provided 4,323 volunteer hours in their local communities. If they had been paid \$8 /hr. for their services, the cost would have been \$34,584.
 - \$35,080 worth of services was contributed.
 - \$33,190 worth of tangible goods was donated.

Activity #3: Methamphetamine Safety Education Program

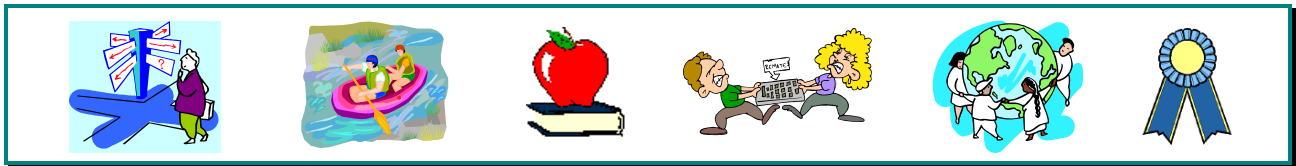
- ❖ Risk/Protective Factor(s): Increased Understanding of Problem Behavior.
- ❖ Description: The goal of the Meth Safety Education Program was to provide to the general public information necessary to keep individuals, their families, and their communities safe from the dangers of meth labs and meth dumpsites. This was accomplished through presentations and dissemination of print materials.
- ❖ Outcome measures included:
 - Pre/Post surveys indicated: 99% of participants reported increased awareness of the dangers of meth.
 - Pre/Post surveys indicated: 99% of participants reported an increased ability to identify, respond to, and communicate about a meth danger.
- ❖ Process measures included:
 - 2,431 people attended 97 meth safety education presentations.
 - \$3,357 worth of tangible goods were donated.
 - \$31,629 worth of services were contributed.
 - \$756 of cash donations were received to support the program.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Wahkiakum County

Name of Program: Wahkiakum Health and Human Services **Contact Person:** Ronna Hobson
Phone number: 360-795-8630

Mission Statement: To promote self-sufficiency, life long learning, and healthy living free of abuse and violence for children, teens and families.



Activity #1: Summer Youth Activity Program

- ❖ Risk/Protective Factor(s): Bonding to Community.
- ❖ Description: A summer activity program was developed in collaboration with St. James Family Center, the WSU 4H Extension, and Wahkiakum County Health and Human Resources. Our goal was to provide interesting, educational and fun activities for as many children and youth as possible.
- ❖ Outcome measures included:
 - Post-test oral comments: 95% agree they learned new skills; 100% want to participate again.
 - Teachers/Parents/Participants reported: parents appreciated the low/no cost activities that were tailored for all ages.
- ❖ Process measures indicated:
 - 160 people were served aged 3 to 13.
 - 31 volunteers were involved in the activity, providing 89.5 volunteer hours.
 - In-kind support: setting up classes and securing volunteers, 60 hours.
 - Training for SYAP, eight hours; advertisements, 20 hours.

Activity #2 Teen Adventure Program

- ❖ Risk/Protective Factor(s): Opportunities, Skills and Recognition.
- ❖ Description: Teen Adventure activities occurred once a month and had a cost as low as \$5 (so that inability to pay would not prevent participation). Activities were alcohol and drug free.
- ❖ Outcome measures included:
 - Survey data: each participant completed a survey after each trip. Written post-test surveys indicated that 100% agree to choose a drug-free, comfortable environment; 100% would like to participate again.
 - Teachers/Parents/Participants reported: Snowboarding was the most popular event. It targeted many at-risk participants.

- ❖ Process measures included:
 - 120 people were served aged 11 to 19.
 - 17 volunteers were involved in the activity, providing 223 volunteer hours.
 - In-kind support: peace health bus usage and scheduling events and advertising.

Activity #3 DARE

- ❖ Risk/Protective Factor(s): Favorable Attitudes Toward Drugs, Commitment to School, and Opportunities, Skills and Recognition.
- ❖ Description: Taught positive alternatives for refusing drug, alcohol and violent situations. A selected target audience, core group of 6th graders participated in DARE's 17-week, one-hour weekly program, with a uniformed police officer.
- ❖ Outcome measures included:
 - Pre- test administered at the beginning of the core course for 6th graders reflected a good basic understanding of the dangers of using/experimenting with the four gateway drugs (alcohol, tobacco, marijuana and inhalants), except for inhalants. Outcome measures showed an increased awareness of drug and alcohol issues, such as making better choices and resistance. Approximately 95% of the students agreed that DARE was important to them or their school and would recommend it to other students. The "Fatal Vision" goggles were also used in the 6th grade class, visually demonstrating the negative effects that are exhibited through alcohol use.
 - Teachers/Parents/Participants reported: citizens regularly asked about the DARE program, and lent their support in many ways. Both the Wahkiakum School District and the Naselle-Grays River School District were very supportive of the DARE program and other programs offered.
- ❖ Process measures included:
 - Wahkiakum School District:
 - 200 people were served aged 5 to 11.
 - 50 youth from the 6th grade were involved in the DARE core program.
 - Volunteers involved in the activity provided 20 volunteer hours.
 - In-kind support: visits from Digger, the drug dog.
 - Naselle School District:
 - 149 people were served aged 5 to 11.
 - 33 youth from the 6th grade were involved in the DARE core program.
 - Three volunteers were involved in the activity, providing 12 volunteer hours.
 - In-kind support: visits from Digger, the drug dog.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Walla Walla County

Name of Program: Walla Walla Human Services

Contact Person: Alex Luft
Phone number: (509) 527-3278

Mission Statement: To promote peace, justice, freedom, and dignity for ALL people.



Activity #1: Mariposa

- ❖ Risk/Protective Factor(s): Friends Who Engage in the Problem Behavior, and Opportunities, Skills, and Recognition.
- ❖ Description: The Mariposa curriculum taught personal and career decision-making skills and was offered primarily to middle-school-aged Hispanic girls. The curriculum also taught skills which promoted the development of confidence in self and the future, and which encouraged the development of pride in one's culture, heritage and community. Decreased association with peers who engage in problem behaviors was encouraged, and an increase in commitment to school was fostered. Partners included: Walla Walla Public Schools, and Farm Labor Homes.
- ❖ Outcome measures included:
 - Students were engaged in discussions regarding choice making. Their responses indicated a decrease in problem behavior as a result of program participation; and an increase in positive decision-making abilities. Statements from participants included: "It has opened my eyes, it showed me that there are always people that need other people, there's so much that we can do and never be bored," and "It's made me feel good about myself. I know I'm important and that everybody should be treated equally. I'm worth making better choices for myself," and "It made me more responsible and taught me to pay attention and listen."
- ❖ Process measures included:
 - 88 young women were served aged 11 to 15.
 - In-kind support: operating space and private foundation financial support for supplies.

Activity #2: Fun Factory

- ❖ Risk/Protective Factor(s): Friends Who Engage in the Problem Behavior, and Opportunities, Skills and Recognition.
- ❖ Description: The Fun Factory provided games, arts and crafts to enhance social and listening skills for at-risk youth at a variety of city and rural parks and housing authority neighborhoods during summer break. Basic resistance and problem-solving skills were taught during interactive sessions. Collaborative partners included: AgriNorthwest, Walla Walla Housing Authority, Walla Walla County Library, Blue Mountain Action Council, Waitsburg School District, and Touchet School District.

- ❖ Outcome measures included:
 - The YWCA program director reported that program staff noticed positive actions by children engaged in the program activities on a regular basis. Problem behaviors were minimized with intervention and directed discussions.
- ❖ Process measures included:
 - 369 people were served aged 6-12 and 26 -55.
 - Volunteers: six AmeriCorps volunteers donated a total of 60 hours.

Activity #3: Summer Day Camp

- ❖ Risk/Protective Factor(s): Friends Who Engage in the Problem Behavior, Favorable Attitudes Toward Drugs, and Healthy Beliefs and Clear Standards.
- ❖ Description: Provided 38 sessions one hour/week of educational and recreational programs to youth and families residing in Farm Labor Homes. The activities were fun and wholesome and taught children that they did not need to use alcohol or drugs. Healthy beliefs and clear standards were taught and discussed. The majority of families living at the Labor Homes were low-income Hispanic families that did not have access to programs due to transportation and language barriers. Collaborative partners included: YWCA, Hispanic Volunteer Outreach Team, Walla Walla County Parks Department, the OSPI Summer Lunch Program, and the Milton-Freewater Aquatic Center.
- ❖ Outcome measures included:
 - Survey data: A survey was administered to the children at the end of the program. Responses indicated the children felt the program helped them learn conflict management skills and ways to avoid problem behavior. Staff observed improved attendance and monitored improved attitudes and focused discussion around peer pressure and healthy choices.
- ❖ Process measures included:
 - 197 people were served aged 6 to 15.
 - One volunteer was involved from the community, providing 70 volunteer hours.
 - In-kind: the Farm Labor Homes Program provided lunch for two weeks, and the OSPI summer lunch program provided lunch for the balance of the sessions.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

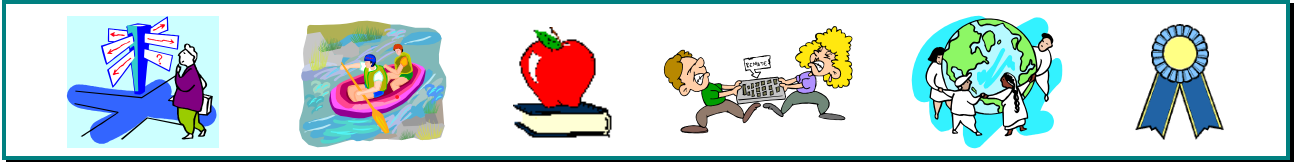
Whatcom County

Name of Program: Straight Talk About Responsibility

Contact Person: Jim DeGolier

Phone number: (360) 671-6154

Mission Statement: Working in partnership within Whatcom County to reduce alcohol and other drug abuse.



Activity #1: Whatcom County Drug Free Youth Program

- ❖ Risk/Protective Factor(s): Early Initiation of Problem Behavior, Friends Who Engage in Problem Behavior, and Favorable Attitudes Toward Abuse.
- ❖ Description: Provided recognition and support to teens committed to a drug-free lifestyle. Incentives were offered through discounts from local merchants, drug-free activities, and a membership photo identification card. Leadership opportunities were given to teens wanting a voice in the delivery of the program. Members joined the program voluntarily, but were required to agree to a drug test during the year to determine compliance with their drug-free pledge. Teen leaders from each participating school site were involved in determining many aspects of the program activities. Serving on an advisory committee, they made decisions about program delivery, services to offer, and planned and implemented activities.
- ❖ Outcome measures included:
 - Survey data: survey questions paralleled the Washington State Survey of Adolescent Health Behaviors. Local data served as a control measurement source. Reported lifetime and 30-day alcohol use was reported at 37.5% and 15.6% respectively. Lifetime and 30-day use for marijuana was reported at 12.5% and 0% respectively. Lifetime and 30-day tobacco use was reported at 31.25% and 3.1% respectively. After participating in the activities, members were much more connected to school and community and indicated fewer friends who used. Random UA test results of over 50% of the members demonstrated 100% compliance with the drug-free pledge. For the substances tested for (marijuana, cocaine, amphetamines/meth), these findings were consistent with the self-reported use rates.
- ❖ Process measures included:
 - 686 people were served aged 13 to 18.
 - 44 volunteers were involved in the activity.
 - In-kind support: numerous merchant discounts were offered to members (10-20% per visit), free one-year memberships to Whatcom Family YMCA, and school liaison support to drug-free youth teen leaders at each participating school site, to monitor in-school activities.

**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Whitman County

Name of Program: Community Mobilization

Contact Person: Jana Koller
Phone number: (509) 397-4966

Mission Statement: To facilitate, empower, and mobilize Whitman County citizens to create and sustain healthy, safe, economically viable communities, free from substance abuse, violence, and their related social ills, by fostering communication, cooperation and collaboration.



Activity #1: Parent to Parent Drug Prevention Workshops

- ❖ Risk/Protective Factor(s): Social Laws and Norms.
- ❖ Description: A parent education class was offered to the parent's of middle school children in the Pullman Community in collaboration with the Parent Resource Center, the Community Network, Whitman County Prevention, and the Pullman School District. The sessions contained information on reasons children become involved in substance abuse, how it effects their behavior, types of drug use, effective parenting while allowing the child to develop into a responsible adult, and a segment on intervention strategies when all else fails.
- ❖ Outcome measures included:
 - Survey data: 80% (four of the five) reported positive change in the manner in which they parent. Areas of improvement included: increased time spent with children, changes in child's behavior that may indicate substance use, importance of clearly defined values, and how to place yourself in the way of your child using/experimenting with substances.
 - Parents in attendance indicated that the class helped them feel more connected to other parents and that they would like to see the series offered again. All five parents in attendance reported that the classes were helpful to parenting their youth and that they would recommend the class to other parents.
- ❖ Process measures included:
 - Five people were served aged 26 to 45.
 - A volunteer facilitator from Pullman School District dedicated 16 hours to the program, as well as meeting space and class advertising.
 - The Whitman County Community Network donated program funding of \$1,000.

Activity #2: Pullman Responsible Hospitality Resource Alliance

- ❖ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, and Favorable Attitudes Toward the Problem Behavior.
- ❖ Description: Pullman Hospitality Resource Alliance, a community-based task force of hospitality business owners, alcohol distributors, Washington State University Staff, Whitman County Counseling Services Staff, two law enforcement agencies, Community Mobilization and Prevention, and concerned community members worked to change social norms associated with problem behaviors in Pullman. This task force has been in existence since October of 1999, met monthly, and planned activities to change social norms concerning alcohol use and abuse by citizens of Pullman and students of WSU.
- ❖ Outcome measures included:

- Survey data: the Coalition Assessment Tool was used as a pre-test to show strengths and weaknesses of this young task force. The coalition then began work to correct its weaknesses and build on its strengths. Approximately, 75% of respondents reported that there was a need to increase the membership of the group as well as make the community more aware of the Responsible Hospitality Alliance.
- ❖ Process measures included:
 - 10 volunteers were involved in the activity from hospitality businesses, law enforcement and Washington State University, providing 20 volunteer hours.
 - In-kind support: use of the Cougar Depot as a meeting room, at no expense.

Activity #3: Family Fair 2001

- ❖ Risk/Protective Factor(s): Laws and Norms Favorable to Drug Use, Low Community Attachment and Disorganization, and Family Management Problems.
- ❖ Description: Through the combined efforts of The Parent Resource Center, Community Mobilization and Prevention, Boeing Flight Museum, Whitman County Library, Neill Public Library, WSU Child Resource and Referral, the Community Action Center and the United Way of Whitman County, a day-long family fair was held on the campus of WSU. This event brought together non-profit agencies that served families and children throughout the Palouse.
- ❖ Outcome measures included:
 - A participant survey was conducted regarding the usefulness of the event and improvements or changes the participants wanted to occur. A majority of respondents reported finding helpful resources as well as educational material.
- ❖ Process measures included:
 - Over 350 families were served aged birth to 65+. Each year over the past three years the number of families attending has increased.
 - Approximately 30 volunteers were involved, providing 240 volunteer hours.
 - In-kind support: WSU provided reduced rates for the use of the building, parking services and advertisement of the event. The Pullman Kiwanis, United Way and the Friends of the Public Libraries provided funding for the Family Fair.

Activity #4: National Youth Sports Program - Prevention

- ❖ Risk / Protective Factor(s): Favorable Parental Attitudes, Friends Who Engage in the Problem Behavior, Favorable Attitudes Toward the Problem Behavior, and Healthy Beliefs and Clear Standards.
- ❖ Description: Whitman County Community Mobilization, with assistance from the Whitman County Tobacco Coalition, dedicated three days to work with the youth participating in the National Youth Sports Camp at WSU concerning substance abuse prevention education. Youth participated in media literacy, tobacco education and the Fatal Vision Goggles demonstration.
- ❖ Outcome measures included:
 - Pre and post-test surveys were given to youth to determine their level of education regarding tobacco. Youth then participated in a tobacco education version of “Who Wants to Be a Millionaire.” A post-test after participation showed marked improvement in the youths knowledge of tobacco and its harmful effects. Approximately 90% of the youth showed an improved knowledge of the diverse effects of tobacco and media advertising techniques.
 - Youth also participated in a media literacy unit creating their own anti-tobacco and anti-alcohol ads. These designs, created by the youth, showed they gained knowledge of tobacco advertising during the sessions, and that they understood the media was targeting them.
- ❖ Process measures included:
 - 100 people were served aged 10-18.
 - In-kind support: \$500 from the Whitman County Tobacco Coalition and Educational Service District 101 for supplies and reinforcement items given to the youth.

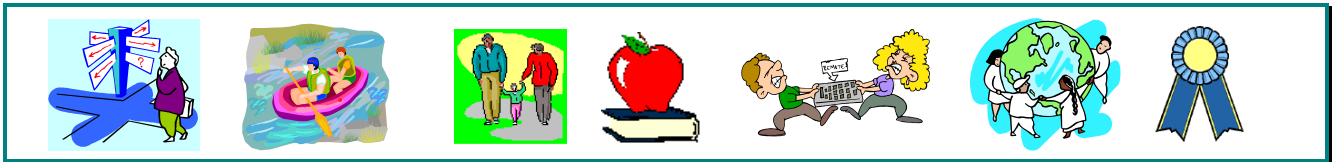
**COMMUNITY MOBILIZATION
PROGRAM SUMMARY, JULY 2000 - JUNE 2001**

Yakima County

Name of Program: Yakima County Substance Abuse Coalition

Contact Person: Steve Magallan
Phone number: (509) 575-6114

Mission Statement: To provide a drug free environment in Yakima County by confronting substance abuse and violence problems through the support of prevention, treatment, education and enforcement efforts.



Activity #1: Academic Immersion Lab

- ❖ Risk/Protective Factor(s): Low Commitment to School, and Persistent Anti-social Behavior.
- ❖ Description: Provided extended-day instruction Monday-Friday for 100 struggling students with failing academic performance in reading and math. Students worked from an individual learning plan jointly prepared by teachers, YCSAC staff, and parents. Students were required to spend at least nine hours per week in academic and social skills building activities. YCSAC staff, AmeriCorps volunteers, and Mental Health counselors provided instruction. Community volunteers provided one-on-one reading immersion assistance and business community volunteers provided career exposure activities.
- ❖ Outcome measures included:
 - Survey data: Pre and post school records indicated that 72% of the students who spent three months in the lab increased their reading, spelling and math grades by an average of 29%. Students who spent six months in the lab increased their reading, spelling and math grades by over 40%. Homework completion and accuracy increased by 52%.
 - Teachers/Parents/Participants reported: Instructors reported homework was done on time; disruptive behavior decreased, and for students in the Lab there was a 24% decrease in classroom removal incidents. Parents noted their children were more likely to engage in reading and homework activities at home than before they enrolled in the Lab. Students demonstrated more enthusiasm based on early success; they came to class ready to work versus having to be coaxed to engage.
- ❖ Process measures included:
 - 113 students were served aged 6 to 15. Daily attendance at Labs averaged 66.
 - 37 volunteers were involved in an average of 10 hours per month, totaling 2,960 hours.
 - In-kind support: United Way provided \$1,500 for daily snacks, and ESD 105 provided \$5,000 in instruction supplies and equipment.

Activity #2: Lower Valley Substance Abuse Coalition Organization

- ❖ Risk/Protective Factor(s): Community Disorganization and Low Neighborhood Attachment.
- ❖ Description: Developed strategies to reduce the devastation caused by rapidly changing demographics, drug trafficking and substance abuse by organizing a 19-member advisory committee to work with law enforcement, education, business and grassroots communities. Three neighborhood coalitions were

established; ten small group SAC prevention forums were conducted; and six Meth Awareness Seminars were held for educators. After-school and other prevention activities were developed for youth.

❖ Outcome measures included:

- Law enforcement data showed the special supervised *Midnight Live New Year's Eve Party* for youth from the targeted areas resulted in a 25% reduction in delinquent incidents for the holiday, including traffic incidents involving drugs and/or alcohol. Pre/post surveys conducted among youth that attended after-school activities showed those who attended felt safer to be out after dark and had fewer encounters with law enforcement.
- Participants reported: Surveys completed three months after the forums took place reflected that 61% of people who attended had a heightened awareness of how to become involved in their community to help reduce crime and drugs, and became the driving force behind the organization of the three neighborhood coalitions.

❖ Process measures included:

- 300 youth aged 10 to 18 were served over a ten-month period.
- Adult volunteers involved in the activity provided 2,711 volunteer hours. They assisted in National Night Out, Midnight Live, and Drug Abuse Awareness Week activities.
- In-kind support: received a \$99,000 OJJDP grant to reduce juvenile delinquency in targeted areas. The school district contributed \$1,500 to provide free meeting space.